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Portugal's pets unprotected

Everyday animal sanctuaries and rescue centres across the country receive dozens of phone calls complain of situations of abandoned, mistreated and lost animals. These institutions often take in neglected animals, providing care and shelter, footing the bills for their keep with no governmental support whatsoever. (See P. 2)

More families in debt

The number of Portuguese families asking for help to overcome debt and financial crises continues to rise, with figures this year far surpassing those of 2005 and 2006. (See P. 3)

Lisbon airport 'wounded to death'

On a listing of 44 international airports, rated for quality of passenger service, Lisbon's Portela airport has been ranked at an embarrassing 42nd, betrayed by increasing reports of long waits and poor baggage handling. (See P.7)

Sexual predators on the rise

Police figures have revealed that in the past nine months alone, 134 individuals were arrested in connection with the sexual abuse of minors, a number that almost equals the entire number of arrests made in 2006. (See P.7)

easyHotels to open in Portugal

Budget accommodation is to be taken to new heights with the opening of four new easyHotels, which belong to the same group as the easyJet airline. The first of the group's low-cost accommodation in Portugal and which are planned to open before 2010. (See P.11)

Weekend weather

Lisbon: Saturday: Sunny, high of 20°
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Back to the drawing board as Government hears interest groups in a bid to simplify rental licensing laws

'SILLY AND SENSELESS' TOURISM LAW REWRITE

Story, see p. 64

Six months and still nothing



Gerry McCann, father of four-year-old Madeleine McCann, who disappeared from the family's holiday apartment in Portugal on 03 May 2007, returns to his car after dropping off his twins, Sean and Amelie at nursery in Thurmaston, Leicestershire on Wednesday. The fund set up to help to find Madeleine McCann stopped paying for her parents' mortgage after they were made official suspects in her disappearance, Gerry and Kate McCann's spokesman Clarence Mitchell said on 30 October 2007. (Photo: EPA/Lee Sanders) See Madeleine update on page 3.

Portugal's pets unprotected



Everyday, animal sanctuaries and rescue centres across the country receive dozens of phone calls denouncing situations of abandoned, mistreated and lost animals. These institutions often take in neglected animals, providing care and shelter, footing the bills for their keep with no governmental support whatsoever. And despite being a first port of call, these institutions are completely powerless to act autonomously.

A prime example was given by the Algarve's *Refúgio dos Burros*, which not only rescues donkeys, but is home to hundreds of stray or abandoned cats and dogs.

Earlier this year a team of volunteers was called out to intervene in a situation near Lisbon, in which a horse had been left grazing on a grassy division between two main roads. Appearing to have been abandoned, the *Refúgio* was called to collect the animal. After travelling some 300 kilometres, they arrived to find the animal's owner had already joined local authorities at the scene. As the owner refused to hand over his animal despite being unable to provide adequate living conditions, it was a point-less and expensive journey for the team of volunteers, and the owner went home with his horse. Neither the *Refúgio* nor the police have the authority to order the animal's removal, even when faced with blatant signs of neglect and poor ownership.

It is becoming evermore evident that Portugal's animal laws are in need of revision. Whilst all efforts are being made to implement stricter laws regarding ani-

mal welfare, mainly by private and charitable institutions, it is the country's official bodies that appear to be letting the side down by failing to reinforce and carry legislations through.

Portugal has signed numerous conventions regarding animal welfare, including farm and fair animals, animal transportation and experimentation, zoo animals and pets, which were then translated into national law, and, in fairness, slight improvements have been made.

But frequently complaints are made concerning domestic animals, the conditions in which they are kept, and seldom is anything done.

So what exactly can be done and who is responsible for doing it?

Here, there seems to be a gaping hole in the current law.

Stray animals are an easier matter to solve, as local town halls are responsible for their capture and removal. Domestic animals are a somewhat more complex issue and it is unclear whether any authority has the power to authorise the removal of an animal from its owner even



An early photograph of Brigit Hicks, founder of animal rescue association LAPS. For decades, Brigit has campaigned for animal laws to be heightened and modified. (Photo: The Portugal News)

when it is clear this animal is being subjected to cruelty.

Laws are outlined by the National Veterinary Board, with their application, execution and rectification the responsibility of Regional Agricultural Boards (*Direcções Regionais de Agricultura*), and respective departments in local city halls.

Established in 1981, the non-profitable organisation LPDA – Portuguese League for Animal Rights – represents Portugal in the **Eurogroup For Animal Welfare**, made up of 15 EC countries, and is a member of the **World Society for the Protection of Animals (WSPA)**, associated to the **Royal Society for the Prevention of Cruelty to Animals (RSPCA)**.

It is a prominent campaigner for animal rights and welfare.

In the hope of shedding light on this issue, **The Portugal News** contacted the LPDA.

Replying by e-mail, Maria do Céu Sampaio, president of the LPDA explained, "Regarding situations of neglect, cruelty, and danger to public health, complaints should be made to PSP police, municipal police, the GNR (National Republican Guard) and SEPNA (Service for Protection of Nature and the Environment).

"Animal protection associations should necessarily liaise with the afore-mentioned authorities. As long as the association is legalised, they are normally well received by these entities.

However, Portuguese law does not administer these associations with the autonomy to

remove animals from their owners, even when faced with cases of evident cruelty. Only via the afore-mentioned entities can this be done, and even then it is often necessary to involve the Public Ministry Delegate".

The LPDA further confirmed Portugal's need to update existing laws.

"Portugal needs to re-evaluate its pet protection system by investing in training specialised personnel to capture errant animals, animal handlers, and vets. More training in awareness and law-enforcement is needed, as is the promotion of awareness-raising and informative campaigns for the population on animal welfare and care. Bettering municipal kennels is also essential, as many are authentic torture centres".

It was also said that collaborative protocols needed to be established with local associations with the aim of promoting educational campaigns as well as encouraging the adoption of animals; standardising the sterilization and castration of all adopted animals, verifying that new owners have minimum conditions for a new pet, and applying fines for negligence, abandonment and cruelty.

According to the LPDA, anyone wishing to intervene in a situation of animal concern should follow the correct procedure of going to the place to assess the situation, speaking to the owner and trying to sensitise owners and encourage them to create better living conditions, if this seems possible. If not, local animals associations should be approached to temporarily take in and possibly even re-home the animals, (with the owners consent and if the animal is in good health or has potential to fully recover,

"which is not always easy").

Alternatively, encourage the sterilization and castration of animals.

Brigit Hicks, founder of animal rescue association LAPS has, for decades, campaigned for animal laws to be heightened and modified.

Last year she was called out to help a distressed mare, heavily pregnant, found stranded and seriously ill in a field.

As the owner could not be identified or contacted, police lamented their incapacity to intervene or authorise anyone else's intervention. Both the mare and her unborn foal tragically died, despite the best efforts of Brigit and a local vet.

Therefore it could be concluded that Portugal's pets, domestic and farm animals are still somewhat vulnerable, and those fighting for stricter and more aggressive animal laws may still have a long battle ahead.

Says Maria do Céu Sampaio, "In Portugal animals are evaluated for their economical worth, seen as 'things', as objects, and not as living, suffering beings.

Proof of this took place on October 4th (this year), on World Animal Day. It has been celebrated in Portugal for 25 years with one of the largest animal gatherings and festivities, during which more than 200 animals are potentially adopted. RTP (Radio Televisão Portuguesa – channel 1), a public company which is paid for with tax-payers money, neglected to show this initiative and instead opted to transmit, during a prime-time slot, a bull-fight directly from Campo Pequeno's Praça de Touros. World Animal Day, no comments. So this is Portugal's stance regarding animal welfare!?" Carrie-Marie Bratley.

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News

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More families asking for help to overcome debt



The number of Portuguese families asking for help to overcome situations of debt and financial crisis continues to rise, with figures this year far surpassing those of 2005 and 2006. This topic was raised during talks held on Wednesday to mark 'World Savings Day', a day that was devised to teach consumers how to manage money, be savvy spenders, save successfully and avoid debt.

Debt is one of the main causes of family conflict as well as a major cause of social problems. Ever more Portuguese families are overstretching their budgets, turning to support institutions for advice and guidance after reaching bursting point, and, subsequently, bankruptcy.

According to consumer watchdog DECO, which has its own advice bureau for indebted families, the number of people currently asking for help is revealing. In the first nine months of 2007, some 1,092 requests were made to DECO's Support Bureau for the Indebted, significantly more than the 905 requests placed in 2006. In 2005, a little over 700 families turned to the bureau for support.

However, DECO's figures are correspondent only to cases in which the bureau's intervention can achieve a full recuperation of economic stability.

In worst case scenarios, many of which entail judicial implications, Government-founded advice bureau GOEP offers legal advice and support. Established last year, over the past 12-months this institution has already dealt with some 892 cases of serious debt.

Easy access to loans, poor knowledge and information about credit, and aggressive publicity campaigns are the three main factors that lead individuals into debt. Unemployment, divorce and illness aggravate the situation even further, as does



In the bustling fishing port of Olhão, local fishermen are seen on Tuesday unloading their daily catch of sardines in the traditional way, throwing them up in overflowing baskets on to the dock. In the past, wicker baskets would have been used, but these days the more practical plastic crates have taken the place of wicker. Many deals are done at the boat side, and local people can still be seen arriving at the dock on a bike with a bucket, and buying a small quantity direct from the fishermen. (Photo: The Portugal News)

the recent rise in taxes.

According to the Bank of Portugal's latest newsletter, the nation has accumulated a debt of more than 2.21 billion euros (crédito de cobrança duvidosa), 0.63 per cent higher than last month, and nearly two per cent higher than last year.

To commemorate 'World Savings Day', state secretary for Consumers Defence offered recommendations on how to avoid debt, stressing the "Portuguese need to improve spending and saving habits, and learn how to prioritize needs so they don't lose their heads".

Six months and still nothing from page 1

While people across the globe remain gripped by the constant flow of new information concerning the theories behind the disappearance of Madeleine McCann, six months to the day since the four-year old British toddler went missing, nothing is known of her whereabouts.

Churches in Rothley and Praia da Luz will be remembering and praying for Madeleine this Saturday, exactly half a year since her disappearance, but reports were suggesting this week that police had little or no evidence at their disposal to support any single theory.

National police director Alípio Ribeiro has, especially since the departure of former lead investigator Gonçalo Amaral, been repeatedly heard stressing that "all lines of investigation remain open".

Quoting police or forensic

sources, a number of Portuguese newspapers have termed evidence at the police's disposal as "meaningless" and "inconclusive". They have also reported that any subsequent action against Kate and Gerry McCann, who remain suspects in their daughter's disappearance, hinges uniquely on DNA test results from the Forensic Science Service in Birmingham, which have been in their possession for almost three months.

Despite the cloud of suspicion hanging over him, and following this confirmation that the McCanns had used cash from the Find Madeleine Fund to pay two instalments of their mortgage, Mr McCann initiated a "phased return" to work at Glenfield Hospital in Leicester after he reported for duty on Thursday morning.

Separately, despite media speculation this week that Robert Murat a police suspect in

the case since May 14 would be questioned, reports indicate that for the time-being there are no plans to speak to him.

A police source explained earlier in the week that any new visits to the villa he shares with his mother in Praia da Luz, were unlikely unless new evidence warranting this emerged.

But following the reconstruction of the crime scene on Monday, and a detailed review of evidence by the new chief of the investigation Paulo Rebelo, sources close to Mr Murat have not ruled out him being summoned for a review of his testimony with the new team of police detectives.

Meanwhile, the Press Complaints Commission in Britain says it has this week been inundated with complaints following an article in The Mirror criticising Portugal's Ambassador to Britain, António Santana Carlos. The article in The Mirror by

Tony Parsons follows an interview between the Ambassador and The Times, in which he said the Madeleine McCann case has seriously damaged relations between the two countries.

Mr Parsons, responding to the piece, argues that the strained relations are "the fault of the spectacularly stupid Portuguese police".

The Mirror article also attacks the Portuguese public, saying: "The sight of locals jeering at Kate McCann as she went in for questioning made me feel as though these leering bumpkins were not from another country, but another planet."

The article concludes with another attack on the Ambassador: "If you can't say something constructive about the disappearance of little Madeleine, then just keep your stupid, sardine-munching mouth shut."



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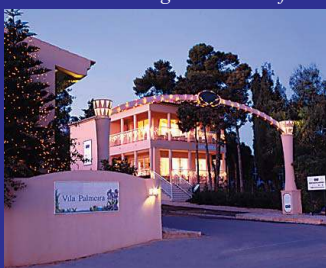
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PM Sócrates “confident” of accord on post - 2012 climate change



Portuguese Prime Minister José Sócrates said this week that he remains confident a worldwide accord on post-2012 climate change will be reached, adding that combat of global warming opens new business opportunities in the area of energy efficiency, the Lusa News Agency reported.

Prime Minister Sócrates told a Lisbon conference on the theme, “The Global Energy Challenge and Climate Change: The EU’s Contribution to a Sustainable Future Beyond 2012”, that Europe and supporters of action to combat climate change “will win the world debate.”

It has been scientifically established that climate alterations are man made, noted Mr Sócrates, and public opinion has put this issue at the heart of political debate around the world.

“Now, the novelty is involve-

ment of the market and firms in the debate on climate change,” which are also a “business opportunity in terms of the synthesis between energy efficiency and innovation,” Portugal’s prime minister told his audience.

Expressing confidence over the chances of an accord on climate changes after 2012, Mr Sócrates stressed that “any credible response demands urgent and ambitious goals to cut greenhouse gasses produced by the world’s biggest economies.”



Environment ministers polish EU stance ahead of Bali climate change conference



EU environment ministers met Tuesday in Luxembourg to prepare the bloc’s positions ahead of the UN-sponsored conference on climate change set for Indonesia in December.

The discussions in Luxembourg were chaired by Lisbon’s environment minister, Nunes Correia, for the Portuguese EU presidency.

The December 3-14 meeting in Bali will seek agreement on a global accord under the UN Framework Convention on Climate Change to replace the Kyoto Protocol that expires in 2012.

The European Council, meeting in Berlin last March,

made the commitment to reduce greenhouse gas emissions by 20 percent, in relation to 1990, by 2020, holding out the possibility of increasing the cut to 30 percent if other industrialized nations join the European effort.

In Luxembourg, the environment ministers also discussed the European strategy for sustainable development. *TPN/Lusa*

Photo above: Portuguese Prime Minister and President of the European Council, José Sócrates (l), and President of European Commission, José Manuel Durão Barroso, during the conference entitled ‘The Global Challenge of Energy and Climate Change: The EU Vision for a Sustainable Future after 2012’ which took place in Lisbon on Monday (Photo: Lusa / António Cotrim)

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Barroso calls for UN to spearhead climate change negotiations



European Commission President José Manuel Barroso has called for global negotiations on climate change to be led by the United Nations and for special attention to be paid to the impact of emission-cutting measures in the developing world.

Addressing the “Global Energy Challenge and Climate Changes” conference in Lisbon, Mr Barroso said the UN should take the “next crucial steps” to launch worldwide talks on climate change.

This negotiation process includes the EU, G8, India, South Africa, Brazil, Mexico and China, he added, and “when Europe appears united it can take in a leading role, which it should keep”.

Mr Barroso also welcomed the creation earlier Monday in Lisbon of a carbon trading coalition,

an initiative supported by Portugal, Germany, the Netherlands, France, Norway, New Zealand, the American states of California, New York and New Jersey, and the Canadian province of

British Columbia.

The International Carbon Action Partnership, or ICAP, provides a forum for countries engaged in cap and trade initiatives. *TPN/Lusa*



THE PORTUGAL News
1977 - 2007

Man chokes to death after being bound in prank



A 42-year-old man identified as João Inácio was found dead in the village of Borralheira de Orjais in the early hours of last Sunday morning, his wrists tied to security bars on a local café window and his ankles bound to a parked car. He is said to have choked to death on his own vomit.

Four people have been arrested in connection to João Inácio's death, thought to be responsible for tying him up and abandoning him.

Reports state that the manner in which José was bound made it impossible for him to turn his head or neck.

Described by locals as an in-offensive person, albeit an avid drinker, the victim is believed to have been heavily inebriated on the night of his death. Thirty empty martini bottles were found next to his body. José also suffered from asthma and an attack could possibly have been triggered by the intense cold.

All these factors seemed to have resulted in his death. A post-mortem ruled out any signs of aggression.

Three youths and a 49-year-old man were arrested in connection to his death. Two of the youths are local teenagers and students, the third being a 22-year-old Brazilian in Portugal on holiday.

The remaining suspect is described as an individual with mental disturbances, and all four have been remanded in custody.

Five other individuals including a woman have been identified as witnessing the occurrence, but not directly relating to the vic-

tim's death.

José is said to have spent the earlier part of the evening in a local café watching a football game. When the game finished and the café closed he is believed to have joined his aggressors with whom he consumed alcohol until the early hours of the morning.

They are thought to have tied the man up at approximately 03h00, his body being discovered three and a half hours later. GNR officers informed his parents later that morning.

The suspects allegedly claim the incident was "a joke", and had no intention of killing him.



The window with security bars of the café where the body of 42-year-old João Inácio was found in the early hours of Sunday morning. (Photo: Lusa / António José)

Woman's throat slit after pleading for mercy



A 25-year-old woman was murdered last week following a violent argument with an unidentified male during the early hours of the morning. Neighbours heard the victim pleading for help, begging the attacker to have mercy for the sake of her seven-year-old daughter.

Vânia Camsok is described by close friends of the family as an enthusiastic, happy person, whose life was finally taking direction.

"She enjoyed going out dancing with friends and had just found a new job as well as a new apartment in which she had been living for two months with her daughter" said a friend.

On the night of the murder a neighbour had already called the GNR police to report a fight that had broken out in Vânia's apartment at around 04h00. It was reportedly a violent fight and the neighbour, who lived on a lower floor, wanted to complain after being disturbed by

the noise.

Some time later the noise died down and officers did not make a visit to the apartment.

At approximately 05h40 another neighbour was passing by the apartment and, noticing the door was open, looked inside to see the victim lying dead in the hallway, her throat slit, her body beaten beyond recognition and surrounded by broken glass and blood.

Police have revealed that a piece of glass was used to slit the woman's throat.

A relative described how violent her niece's murder was.

"My niece fought for herself until she could do no more", said Cândida Moniz,

Vânia's aunt, "I am sure that whoever did this to her is in pain. There was a lot of violence in that house".

Neighbours and locals are shocked by what happened in the Icesa neighbourhood, Vialonga.

Police investigations now aim to determine whether the murder was a crime of passion.

Family members believe the assailant was someone Vânia knew, as there were no signs of forced entry. Suggestions of a jealous ex-boyfriend, not the father of the child, have also emerged, though no one has, as yet, been officially identified in relation to the crime.

Child crushed to death by tractor



An eight-year-old child was crushed to death earlier this week after he was hit by a wayward tractor trailer, whilst cycling to school.

Named as Tiago Filipe da Costa Silva, the incident was witnessed by the victim's 16-year-old sister, who was cycling a few metres behind.

For unknown reasons, the trailer came loose from the tractor which was then travelling in the opposite direction. It veered into oncoming traffic, fatally hit-

ting the boy.

Neighbours and witnesses immediately called fire and rescue services, but, despite being transported to a nearby hospital, albeit unconscious, the boy later succumbed to extensive injuries and died.

Those who knew the boy described him as a 'humble and

well-behaved' young man, describing his sister as 'his guardian angel'. They told how she would accompany her brother to school every day, and had given up schooling herself to 'help out with the family's economics'.

Friends and family are said to be 'totally inconsolable'.

WEB

Web (INTERNET) noun [S]

the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:

(From *Cambridge Advanced Learner's Dictionary*)

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Putin proposes Russia-EU rights institute



Russia proposed the creation of a Euro-Russian institute to promote and monitor human rights and democracy, José Sócrates and Vladimir Putin announced at the end of the EU/Russia summit in the Portuguese town of Mafra.

"As in previous summits, we considered matters involving human rights (...) and President Putin presented to the European side the proposal to create a Euro-Russian institute able to promote and monitor human rights issues," said Mr Sócrates, Portugal's prime minister and the president-in-office of the European Council.

"We welcome this proposal with satisfaction and believe it is a step in the right direction," he stated at the summit's final press conference in this town on the outskirts of Lisbon.

Putin in turn stressed that "Russia has contributed and wants to keep on contributing towards maintaining stability in the European space." The institute could be composed of figures from "the business arena and civil society," he added.

Mr Sócrates denied that the Portuguese EU presidency had minimized the rights issue, claiming that the one-day Mafra summit had been the first to register

tangible results in that area.

He was referring to both Moscow's proposal to create the rights institute and also its decision to invite observers from the Organization for Security and Cooperation in Europe (OSCE) to monitor the December legislative elections in Russia.

"These are very positive results. Naturally, there are differences between the EU and Russia, but the two blocs are trying to resolve the differences based on political dialog. The Mafra summit honoured that good European tradition," the Portuguese prime minister said.

Human rights in Russia are a recurrent theme in meetings between the EU and Russia, and to that end the two sides also met for intergovernmental consultations early this month in Brussels.

The EU has sought to link the development of its economic and commercial relations with Russia to respect for human rights in that country. *TPN/Lusa*



President Vladimir Putin (L) and Prime Minister Viktor Zubkov before the Security Council session in Novo-Ogarevo, Russia on 27 October. (Photo: EPA/Dmitry Astakhov)

Portugal doing all to make EU-Russia summit "productive", says Kremlin



The Kremlin hopes that this Friday's EU-Russia summit near Lisbon will produce "constructive dialogue" between the two parties and considers that Portugal's EU presidency is "doing everything" to ensure this happens, an aide to Russian President Vladimir Putin said earlier this week.

"We expect a constructive dialogue. Portugal is doing everything possible for relations to develop in a constructive manner," Sergei Yastrjembksi, adviser to President Putin on EU affairs, told Lusa.

Mr Yastrjembksi said Moscow's leadership is concerned at lack of progress in beginning talks on a new basic accord between Russia and the EU.

"This problem worries us as much as the Europeans. It's known what the problem is: the veto that Poland's previous government imposed on the European Commission's mandate to begin negotiations with Russia.

"We have not changed our position and consider that what we are dealing with is a completely exaggerated and unnecessary politicization of a technical problem that existed and exists in relations between Russia and Poland."

The gravity of Russia and Poland's dispute was downplayed by Mr Putin's adviser, who conceded: "What we are dealing with is meat."

Russia imposed a ban on imports of Polish meat in 2005, accusing Warsaw of "flagrant" hygiene violations and "falsification" of meat exports.

The senior Kremlin official said he remained confident that the current cooperation accord between Russia and the EU would be automatically renewed to prevent any "legal vacuum" in Moscow's relations with the 27.

But he blamed Brussels for delays in starting talks on a new EU strategic partnership with Russia, negotiations that Moscow is eager to enter.

"Europeans themselves must reach an agreement... in their own home. When they are ready and have a mandate we'll be ready to start these conversations immediately." *TPN/Lusa*

'Stable' EU-Russia relations crucial for world peace, says Sócrates

Prime Minister José Sócrates, speaking for the Portuguese EU presidency, opened a summit with Russia last Friday, describing "stable relations" with Moscow as fundamental for world peace.

"Politicians must know how to respond to the uncertainties and tensions of the current world. Nothing will contribute more to peace in the world than good, stable and lasting relations between the European Union and Russia", Prime Minister Sócrates said in a short statement addressed directly to Russian

President Vladimir Putin.

He said the EU delegation he leads came to the apex meeting with a "constructive spirit".

"In an inspirational atmosphere such as Mafra's (18th century palace-convent), the European delegation comes to the summit with a very constructive and positive spirit. This is the spirit that moves us", he said.

Mr Sócrates said he was "sure" a cooperative spirit was the "common wish of the citizens of Russia and the European Union".

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News

1977 - 2007

We are still receiving contributions for our special anniversary issue so we have decided to present our readers with a **BUMPER CELEBRATION NEWSPAPER** for our final edition of the year on December 22nd.

This Christmassy issue will include memories, photographs, stories and articles about the past 30 years in Portugal.



If you have anything to contribute, please email to Sherry@the-news.net, post to Sherry Hughes, The Portugal News, Apt 13, 8401, 901 Lagoa, or fax to us on 282 341201.

Lisbon airport 'wounded to death'



On a listing of 44 international airports, rated for quality of passenger service, Lisbon's Portela airport has been ranked at an embarrassing 42nd, betrayed by increasing reports of long waits and poor baggage handling. This, in turn, has affected the county's flagship airline TAP, with 70 per cent of its flights departing from the capital's airport, currently sitting at the bottom of another European performance list hindered by complaints of tardiness and baggage loss.

This was made even more evident with TAP's commercial pilots' strike, which took place last week and ended ahead of prediction, causing further confusion and disruption.

Seven TAP airplanes were left grounded during the strike, and chaos was rife.

It is hoped that the situation will be improved with a €380 million expansion plan, hoped to increase passenger processing in terminals from 3200 to 4320 persons per hour.

Described as presently being 'wounded to death', results of the mega-investment will be seen and felt in 2010, but until then, improvement works, such as runway interventions, are feared to

hinder, rather than improve the current situation.

Boarding gates will increase from 26 doors to 47, and passenger entertainment areas will be improved with more shops and more light.

Until then passengers travelling via Lisbon can expect baggage collection waiting times of up to 45 minutes, justified by handling company Groundforce as being due to overstretched staff, as the airport is designed and staffed to handle a maximum of 10 million passengers.

It is thought by the end of 2007 almost 13 million passengers will have been processed through Portela.



Passengers wait to be attended at the TAP counter at Lisbon airport last week hoping to change their tickets after flights were cancelled due to a pilot's strike. (Photo: Lusa / Paulo Carrico)

Sexual predators on the rise



Police figures have revealed that, in the past nine months alone, 134 individuals were arrested in connection with the sexual abuse of minors, a number that almost equals the entire number of arrests made in 2006.

In 2006, 179 individuals were arrested on suspicion of abusing minors, this year's figures confirming officials' fears that the phenomenon is on the rise.

Over the past five years numbers have almost tripled, last year a total 1,397 incidents of underage sexual abuse being reported.

Ninety per cent of suspects are male, with young girls representing the majority of victims, percentage-wise, translating as 70 per cent of all reported incidents, the largest number of cases documented in Lisbon and Oporto.

In police terms, these crimes can be categorised by sexual abuse of children, rape, sex with teens, sexual abuse of handicapped minors, or of a person unable to offer resistance.

Approximately 40 per cent of cases investigated up until September this year took place in the home or place of residence, with 20 per cent being carried out by a relative.

Most victims are aged between eight and 13 (over 46 per cent), followed by chil-

dren aged between four and seven (18 per cent), and six per cent of crimes were carried out with minors aged between newborn and three years of age.

Faced with the facts, and taking into account that no other Portuguese police department, with the exception of the PJ, is specifically trained to deal with this crime, the National Police Syndicate has decided to introduce a purposely-developed course, to better educate officials.

In related news, recent EC laws changes, modified during the European Convention for the Sexual Abuse and Exploitation of Children, have established that individuals with previous convictions for sexual crimes against minors will be prohibited from applying for any job that entails proximity to children.

Signed by a total 23 countries, 14 of which belong to the EU, including Portugal, the new measures should be implemented in the near future, and aim to prevent the reoccurrence of sexual abuse against children.

EU hands Cape Verde 'special partnership' status

The European Commission has approved a "special partnership" status for Cape Verde, Prime Minister José Sócrates, speaking for the Portuguese EU presidency, said last Wednesday.

Prime Minister Sócrates made the announcement after a luncheon meeting in Lisbon with his Cape Verdean counterpart, José Maria Neves.

Mr Neves described the move, a longstanding goal of his government, as a "historic moment" for the African Atlantic archipelago, a Portuguese colony until 1975.

The "special partnership" initiative will now be sent to the European parliament for ratification and is expected to receive final approval at the EU summit set for December 19-20 in Brussels, officials said. TPN/Lusa



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Portugal's top diplomat kicks off three-state Africa tour in Mali



Portugal's Foreign Minister Luís Amado arrived Monday in Bamako, capital of Mali, to begin a three-state Africa tour aimed to finalise preparations for the Europe-Africa summit planned by Lisbon's EU chair in December.

Minister Amado, accompanied by Lisbon's No. 2 diplomat, João Gomes Cravinho, said after talks with Mali's prime minister, Modibo Sidibe, that he expected "high-level" leaders of the West African republic would attend the EU-AU summit scheduled for December 8-9 in Portugal's capital.

Prime Minister Sidibe, in turn, expressed interest in expanding bilateral ties with Portugal, particularly in the areas of culture and tourism. The visiting Portuguese diplomatic duo met Malian President Amadou Toumani Touré on Tuesday before leaving for Ghana later that same day.

The climax of Amado's three-state tour occurs Wednesday in the Ghanaian capital, Accra, with meetings with Ghanaian officials to put the finishing touches to a joint EU-AU strategy and action plan for presentation in Lisbon. Ghana holds the rotating AU presidency.

An aide to Mr Amado said the Accra talks represented a leap in summit preparations, as the focus has now shifted from controversy over who will attend to discussion of the substance of the

apex meeting aimed to re-launch relations between the two continental organizations.

The summit organisers, the aide said, are expected to invite all EU and AU member states to the Lisbon gathering, the first such summit since 2000, sidelining the dispute focused on Britain's opposition to the presence of Zimbabwean President Robert Mugabe.

British Prime Minister Gordon Brown has said he will stay away if Mugabe, who faces EU travel and other sanctions over his disrespect for human rights, comes.

The Foreign Ministry officials said it was normal for some leaders to be absent from a summit without putting the initiative in jeopardy or diluting its outcome. The discussions in Accra will take place between the EU and AU leadership "troikas".

Before returning to Lisbon on Thursday, Mr Amado also travelled to Dakar, Senegal, for talks with Senegalese President Abdoulaye Wade, a meeting centred on regional problems, including international drugs trafficking. *TPN/Lusa*



Above: Foreign Affairs Minister, Luís Amado (L), exchanges gifts with Ghana President, John Kufuor on Tuesday. (Photo: Lusa André Koster)

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Portugal says Frontex should take on bloc's common border police role



Portuguese Internal Administration Minister Rui Pereira said Monday that Europe needs a common border policing service and Frontex, the bloc's existing external frontier control agency, should "perform this function."

After a meeting of the EU's Future Group to discuss terrorism prevention and a common approach to migration into Europe, Minister Pereira said: "It is absolutely necessary to configure Frontex in the future as an agency given reinforced resources and competencies."

Turning his attention to migration issues, Pereira warned that

despite EU member states having individual national policies to regulate immigration flows, migration has "consequences extending to all the European areas of liberty, security and justice."

Also attending the two-day Future Group meeting in Portugal's autonomous Madeira Island was EU Justice Commissioner

Franco Frattini, who called for the creation of a single residency permit for non-EU nationals.

The high-level consultative meeting in Madeira that culminated on Tuesday, had an agenda centred on prevention of terrorism and a universal approach to migration to prepare proposals for the EU's common security policy beyond 2010. *TPN/Lusa*

Majority of Portuguese want referendum on new treaty



A majority of Portuguese appear to back the holding of a referendum to ratify the new European Union treaty that was approved last week in Lisbon under the Portuguese EU presidency, according to a poll.

The Catholic University poll, with more than 1,300 respondents, showed that 46% wanted a referendum on the treaty, while 27% preferred ratification of the charter through parliamentary action.

One quarter of respondents indicated they had no opinion.

Socialist Prime Minister José Sócrates, who currently chairs the European Council, has said his government will only take a decision on the form of ratification following the treaty's signing on December 13.

The poll, published by daily *Jornal de Notícias*, also showed

that 26% of respondents considered that the treaty's approval last Friday was due in "great part" to the actions of the Portuguese EU presidency, while 34% said Lisbon's leadership only "in part" contributed to breaking the institutional impasse and 9% said it had no influence. *TPN/Lusa*

Portugal signs revised international legal convention



Portuguese Justice Minister Alberto Costa signed a convention Tuesday on jurisdiction of international legal disputes in the EU, Iceland, Norway, Switzerland and Denmark, officials said.

In a statement, Lisbon's justice ministry said Costa, on behalf of the EU, signed the modified Lugano Convention, one of

three conventions governing civil and commercial lawsuits involving citizens of EU member states. Alterations to the Lugano

Convention will make cross-border litigation "more efficient and rapid," added the official Portuguese communiqué. *TPN/Lusa*

Women's parking places considered 'discriminative'



A recently-inaugurated shopping centre in Madeira is currently causing some upset amongst women after it allocated parking spaces purposely-allocated for women drivers.

Alongside reserved places for pregnant women and invalids are four specially-designed wide-berth spaces exclusively for women drivers.

Wider than normal, the spaces are even larger than those destined for handicapped and elderly drivers.

This has, however, caused many women to argue the parking places are discriminatory.

According to reports, the

four spaces were freed-up specially for the local female population of 1400 women and are painted pink.

Shopping centre "8. Avenida" was inaugurated last month. Its director, José Duarte Glória, explained the parking places are merely "a courtesy to female clients".

"We want all our shoppers, male and female, to feel comfortable in the shopping centre," he said.

The shopping centre is causing quite a stir in São João da Madeira, not only for its pink parking places, but also for its innovative men's toilets, which have a glass window-front, in which male dummies are stood behind urinals.

Already some 412 thousand people have visited the centre, and more than 20,000 have enjoyed the cinemas.



Justice Minister Alberto Costa talks to Attorney General Pinto Monteiro during the "Eurojust - Navigating the Way Forward" conference at the Belém Cultural Centre on Monday. (Photo: Lusa / Inácio Rosa)

Strategy to combat bioterrorism a priority for Lisbon presidency



Preparation of a strategy to combat bioterrorism is a priority of both Lisbon's EU presidency and Europe's anti-terrorism coordinator, Portugal's minister for internal affairs, Rui Pereira, said after a high-level meeting on terrorism prevention and a common approach to Europe-bound migration.

Mr Pereira told Lusa that EU Anti-terrorism Coordinator Gilles de Kerckhove, attending the two-day encounter of the EU's Future Group in Funchal, had spoken of the need to prepare for the possible use of "bacterial weapons."

A key priority of Lisbon's EU chair is to press for implementation of measures to tackle these new menaces, said Mr Pereira, who also commented on the in-

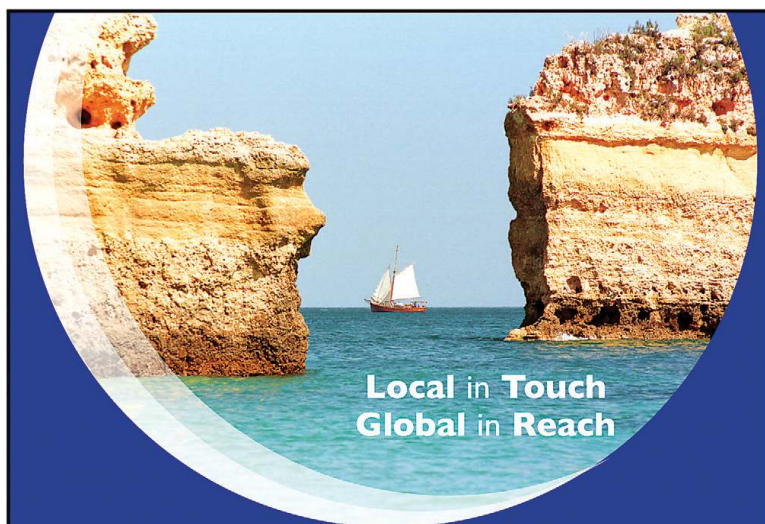
creasing use of the internet to recruit terrorists and plan attacks.

The internet, noted Pereira, is a "place of freedom, but also one of responsibility where teaching of bomb making, carrying out of terror attacks and recruiting volunteers should not be permitted."

The Future Group meeting, added the Lisbon minister, also proposed to make conspiracy to plot terrorist acts a crime, even

in the absence of a "stable and lasting terrorist organization."

Speaking in turn, EU Justice Commissioner Franco Frattini, responsible for coordinating the bloc's anti-terror response, called for standardization of certain measures to "punish funding of terrorism" and combat the mistaken notion that terror attacks are "an expression of freedom of thought."



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Portugal's immigrant numbers falling

SEF Border and Immigration Control records have revealed that there are fewer immigrants in Portugal this year than there were in 2005. In 2004 some 447,000 immigrants were legalised in this country, before an apparent decline started the following year. In 2006, some 409,000 immigrants had been counted.

Most immigrants live along the coast, mostly in Lisbon, Faro, Setúbal and Oporto, where manual labour is in demand.

Influx figures exploded in the year 2000, being most evident in the area of Santarém.

In the district of Setúbal, immigrants are predominantly Cape-Verdian, in Santarém it is

the Ukrainian nationality that is found most widely.

According to SEF's statistics, the immigrant population is mainly male, percentage-wise being 10 per cent higher than the number of female immigrants in Portugal. Brazilian immigrants prove to be the exception, with some 33,507 female immigrants

presently in the country, as opposed to 31,956 male Brazilian immigrants.

Generally, the majority of immigrants are aged between 20 and 39 years of age, with Cape-Verdian, Brazilian, Ukrainian, Angolan and Guinea-Bissau nationals making up 55 per cent of the total.

Portuguese wines tops



Four Portuguese wines have been included in the top 100 wines by the influential American magazine Wine & Spirits.

The wines selected by the prestigious magazine were Quinta do Feital Vinho Verde Dourado Alvarinho 2005, Quinta do Crasto 2004 Douro Reserve, Taylor Fladgate Porto Vargellas 2004 and Taylor Fladgate Porto Vargellas Vinha Velha 2004.

Wine & Spirits awarded 93 out of a maximum of 100 to Quinta do Feital which sells in

the United States for a cost of 25 dollars (around 17 euros)

Quinta do Crasto Reserva 2004 was awarded 95 points and is sold for 35 dollars (25 euros).

Taylor Fladgate Porto Vargellas obtained 94 points and comes at a cost of 52 dollars while the Taylor Fladgate Porto Vargellas Vinha Velha 2004 also won 94 points and is the most expensive of the Portuguese quartet at 233 dollars which is approximately 165 euros.

First round of association accord talks with Central America 'fruitful'

The European Union and five Central American countries closed their first round of negotiations for an association accord Friday, after five days of talks in the Costa Rican capital.

The head of the EU team, João Aguiar Machado, described the start of negotiations as "fruitful, active and fluid".

"There's a long road ahead" Machado said in San José, add-

ing that the first round served for both sides to "present positions, propose texts of reference, and assess negotiation models".

Observers predicted that a total of 10 negotiating rounds may be needed before agreement is reached on an association accord based on regular political discussions, cooperation and free trade by a target date of late next year or early 2009.

Multi-million euro investment in Vilamoura to create sailable lakes, homes and hotels



Vilamoura, Algarve, is soon to be home to one of the country's most exclusive real estate investments, a 955 million euro project that will see the creation of three large lakes, canals, swimming pools, hotels and apartments.

Lacustre City will include residential complexes surrounded by canals, many homes having their own deck and mooring stations for boats or jet-skis.

At least two luxury hotels creating a further 3085 beds will

take shape, as will a shopping centre, and it is predicted some 2490 residential properties will be constructed.

The project was unveiled in a real estate Roadshow held in Lisbon earlier this week. It will take shape near Vilamoura's

marina, near the Praia da Falésia, and will spread some 16,800 hectares, with a constructed area of 316,000 square metres, divided between residential, commercial and tourist projects.

Reportedly, there will be pri-

vate water taxis to ferry tourists and residents around the resort by lake, and the water will be recycled every 34 days.

Works are expected to commence in the first half of 2008, and will take around two years to complete.

'Fill and flee' phenomenon worries petrol chiefs

It has been estimated that more than 40,000 cases of people filling their tanks and leaving petrol stations without paying, have taken place this year, statistics that are worrying the National Association of Fuel Resellers, ANAREC.

A survey carried out by ANAREC associates, involving approximately half of Portugal's petrol stations has calculated that each case of 'filling and fleeing' represents an average loss of 30 litres of fuel. Altogether, at the end of the year, this will translate to a 1.5 million euro loss for national petrol stations.

To be precise, some 40,542 cases were documented, a 20 per cent rise in comparison to 2006, and, more significantly, a dramatic 73 per cent rise in comparison to 2005.

"It is a catastrophe", said Augusto Cymbron, head of

ANAREC, "the figures keep rising and there is nothing we can do to stop this phenomenon".

He further revealed that due to this crisis, 144 petrol stations have been forced to close.

"To give you an idea, a petrol station must sell around four thousand litres of petrol to compensate for the drivers who fill up and leave without paying".

Lisbon, as the worst affected

region, has been apportioned 22,500 'fill and flee' incidents having taken place so far this year.

It is also in Lisbon that three of the six most targeted petrol stations are located, the remaining three being in Oporto, Santarém and Setúbal.

The worst affected station has at least one case of 'fill and flee' on a daily basis.

Video surveillance cameras

and other security systems appear to be failing to prevent deliberate cases, as false license plates are largely used.

Pre-payment is another solution, though is only viable at night as "if this was to be implemented during the day, petrol stations wouldn't sell any other products as customers would not bother looking around inside", explained Augusto Cymbron.

CAPITAL GAINS TAX:

by Dennis Swing Greene

Options when selling Property in an Offshore Company

This is the concluding article of a three part series exploring the Capital Gains Tax consequences of selling a property that is in an Offshore Company:

- 1) The Situation
- 2) Options nº1 & nº2
- 3) Option nº3 and the Conclusion

THE TAX CONSEQUENCES FOR BUYER AND SELLER

Option nº 3: Sale of Portuguese Nominee Company

When the Portuguese Company is sold, the Gain is calculated as follows:

First, the Delaware Company must move to Portugal. As part of this Redomiciliation, an appraisal is performed of the Property, determining that the Company's sole asset is valued at €530,000.

Therefore, at the time of the move to Portugal, the Company is worth €530,000 and the now Portuguese Company's shares reflect this value.

The Shares are then sold as follows:
€550,000 (sales price of shares) - €530,000 (value of shares upon Redomiciliation to Portugal) = €20,000 X 10% (tax rates on sale of shares) = **€2,000 (CGT)**
The buyers will also pay: **€25** (Stamp Duty on Share Transfer Deed)
As the Sellers are Non-Resident, they may also be liable for CGT

in their home jurisdiction. In this case, the tax paid in Portugal will normally serve as an *international tax credit*, reducing or eliminating any eventual CGT assessment. Needless to say, while the rate may be different, the basis should be the same.

BOTTOMLINE:
Seller is taxed €2,000
Buyer is taxed €25

CONCLUSION:

As you can see, there is considerable difference both for Buyers and Sellers when redomiciling to Portugal. By selling the Portuguese Nominee Company, rather than the Company selling the Property or the shares of the Delaware Company, both sellers and buyers save appreciably. In comparison, the costs of Redomiciliation and the subsequent share transfer

should prove only a minor inconvenience.

In addition, due to Portuguese fiscal transparency rules, owners of Nominee Companies are free from any possible double taxation in Portugal since liability for potentially chargeable events is transposed out of the Company directly to the Shareholders and is never assessed to both.

This is the final article in the Series

Dennis Swing Greene is an International Fiscal Consultant and Senior Partner at EuroFinesco S.A., with offices in the Algarve and in Lisbon. Appointments may be scheduled in Guia (Albufeira) at 289 561333 or in Lisbon (Chiado) at 21 3424210 or by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

Errata

We apologise for an error in last week's article. Part of it should have read as follows:

a) The Company sells its Property:

The Capital Gain on the sale of the Property is the net differ-

ence between purchase cost (200,000) and sales price (550,000) minus capital improvements in the last 5 years minus deductible buying and selling costs. This net gain is then taxed at the rate of 25%.

Example - the final result might look something like this:
550,000 (sale) - 200,000 (pur-

chase) - 15,000 (improvements) - 5,000 (expenses) = 330,000 (net gain) X 25% (non-resident tax rate on sale of property) = **82,500 (CGT)**

Option nº 1
Bottom Line:
Seller is taxed 82,500
Buyer is taxed 37,400

Portuguese businesses have 'own space' in Angolan market - ambassador

Angolan and Portuguese officials have urged entrepreneurs from the two countries to forge joint ventures to aid and benefit from Angola's booming, oil-stoked economy.

"We need partnerships that give us access to new markets, capital and know-how", senior Angolan minister Jaime Aguiar told a conference of some 300 business leaders from the two countries in Luanda last Monday.

"Forge partnerships that permit the gaining of space in this globalised world", Mr. Aguiar, the deputy minister

to the prime minister, said, challenging the Portuguese to "invest in Angola to make Angola grow".

Lisbon's ambassador to Luanda, Francisco Ribeiro Teles also addressed the one-day conference organized by the Portugal-Angola Chamber of Commerce and Industry, saying Portuguese companies felt "ever more at home" in Angola.

"Portugal has its own space in Angola and has known how to take advantage of this space", he said, adding that Portuguese investors were "entering new sectors".

Mr Ribeiro Teles cautioned

against excessive optimism, however, underlining that the Angolan market was "complex" and "not easy".

Deputy Finance Minister Severim de Moraes told the bilateral business conference that the Angolan government had taken great strides in stabilizing the country's post-civil war macro-economic scene.

Mr De Moraes predicted that inflation would fall below 11% this year, the oil-producing sector would expand by 28% and that Luanda's foreign debt remained "stable and sustainable".

TPN/Lusa

Consistency, Proportionality and Hypocrisy

Sixteen months ago, the armed wing of Lebanon's Hezbollah party, listed as a terrorist organisation by the United States and most other Western countries, attacked Israel's northern border, capturing two Israeli soldiers and killing eight more. Israel replied with a month of massive air attacks all across Lebanon that destroyed much of the country's infrastructure, levelled a good deal of south Beirut, and killed around a thousand Lebanese civilians.



An Iraqi soldier and residents inspect a burned-out minibus in Baghdad 31 October. One person was killed and three others wounded in a car bomb attack, security sources said. (PHOTO: LUSA/EPA/Mohammed Jilil)

Washington, London, Ottawa and some other Western capitals insisted that this was a reasonable and proportionate response, and shielded Israel from intense diplomatic pressure to stop the attacks even when Israel launched a land invasion of southern Lebanon in early August, 2006. The operation only ended when Israeli casualties on the ground mounted rapidly and the Israeli government pulled its troops back.

So what would be a reasonable and proportionate Turkish response to the recent attacks by the Kurdistan Workers' Party (PKK), listed as a terrorist organisation by the United States and most other Western countries, from northern Iraq into south-eastern Turkey? More than forty Turkish civilians and soldiers have been killed in these attacks over the past two weeks, and a further eight Turkish soldiers were captured.

Well, it would be unreasonable for Turkey to bomb Iraq, where the PKK's bases are, for any more than one month. It would be quite disproportionate for the Turkish air force to level more than a small part of Baghdad — say, 15,000 homes. Ideally, it should leave Baghdad alone and restrict itself to destroying some Kurdish-populated city in northern Iraq near Turkey's own border. Moreover, when the Turks do invade Iraq on the ground, they should restrict themselves to the northern border strip where the PKK's bases are.

What's that? Washington is asking Turkey to show restraint and not attack Iraq at all? Even after the Kurdish terrorists killed or kidnapped all those Turkish people? Could it be that Turkish lives are worth less than Israeli lives?

Never mind. At least the United States officially classes the PKK as a terrorist organisation and refuses to let its officials have any contact with it. But what's this? There is a parallel terrorist organisation called the Party for Free Life in Kurdistan (PJAK), essentially a branch office of the PKK, also based in northern Iraq, which carries out attacks into the adjacent Kurdish-populated region of Iran, and the United States does not condemn the PJAK? It even sends its officials to have friendly chats with the PJAK terrorists? How odd.

The PJAK's leader, Rahman Haj-Ahmadi, paid an unofficial visit to Washington last summer. One of his close associates, Biryar Gabar, claims to have "normal dialogue" with US officials, according to a report last Tuesday in the New York Times — and the American military

spokesman in Baghdad, Cmdr. Scott Rye, issued a carefully structured non-denial saying that "The consensus is that U.S. forces are not working with or advising the PJAK."

Biryar Gabar also said that PJAK fighters have killed at least 150 Iranian soldiers and officials in the past three months. That's a lot more people than the PKK have killed in Turkey in the same time, and yet neither Washington nor any other Western country has expressed sympathy for Iran. Could it be that Iranian lives are worth even less than Turkish lives?

And here's something even more peculiar. Iran, like Turkey, is already shelling Kurdish villages on the Iraqi side of the frontier that it suspects of sheltering or supplying the PKK/PJAK. How come President George W. Bush and Vice-President Richard Cheney simply ignore these actions, when they have been working hard for the past year to build a case for attacking Iran?

We are told that Iran is supporting the anti-American insurgency in Iraq. Mr Bush even warned us last week that a nuclear-armed Iran (which he insists is coming) would lead to "World War Three." So if they're that keen to attack Iran, why don't Bush and Cheney use the fact that Iranian artillery shells are falling on Kurdish villages in northern Iraq almost every day as a pretext for the attack? Are they are getting cold feet?

I sincerely hope so, because the consequences of such an attack would be catastrophic. On the other hand, I doubt it, because they keep on painting themselves into a corner with their tongues. As Pat Buchanan noted on MSNBC's "Hardball" last week: "Cheney and Bush are laying down markers for themselves which they're going to have to meet. I don't see how... Bush and Cheney can avoid attacking Iran and (still retain) their credibility going out of office."

The US military "assets" for an attack on Iran are all in place, so it can't be that. Maybe the delay means that Bush and Cheney are having difficulty in persuading the military professionals to go along with this hare-brained scheme. Most senior American military officers see an attack on Iran as leading to inevitable failure and humiliation for the United States, and the last thing the White House wants is a rash of US generals resigning in protest when it orders the attack.

On the other hand, Bush is still the commander-in-chief, and how many American generals resigned when he committed the somewhat lesser folly of invading Iraq? Only one, and he did it very quietly.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.



Gwynne Dyer

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- Covers temporary accommodation following a claim
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- Wider cover than a 'community' policy
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City hall at war with free newspapers

Lisbon City Hall is currently in the midst of a wrangle with publishers of freely-distributed newspapers, such as *Metro* and *Destak*, after announcing plans to charge taxes for the occupation of public space, which the publications have refused to pay.

A meeting was held between Lisbon City Hall, *Metro* and *Destak* earlier this year, in April, though neither side backed down from their stance.

Now, to jump-start the process, recent reports have suggested Lisbon City Hall is considering more drastic measures, such as removing all free publications from the metropolis and placing charges against them.

According to a source close to the City Hall, it considers that 'the free publications are increasingly invading the city'.

A source from the *Metro* has said, "No licence fee will be paid as that is against the law of the press".

However, a new, free publication, *Sexta*, which was launched this weekend, has confirmed it has asked the City Hall for a licence. As yet it is not clear whether other free publications across the country are being faced with the same situation.

Multi-transport card launched November 5th



Confirming previous reports, a combined transportation ticket covering both subway and bus journeys is to be launched on November 5th, transforming the existing '7 Colinas' card into a 'free-pass' for both the metro and bus networks.

From November 5th, the cards will be topped up with money values, as opposed to a certain number of rides, which will be discounted each time the holder uses the metro or Carris buses.

At present, '7 Colinas' cards have been specifically created either for subway or bus. As of next week, they will become combined. Existing cards must be used up before being re-charged with money.

Top-ups have been established with a minimum of €1.50 and a

maximum €10.

Accumulated amounts on cards can never exceed €15, and single trip values remain the same, priced per zone, valid for one hour, being €0.70 on Carris buses and €0.75 on the subway.

Holders of the new '7 Colinas' combined card have been advised to "treat it as carefully as if it was a bank card", as it operates entirely on no-contact technology, credits being discounted via a chip-and-antenna system, and must be handled with care.

Fire-fighters' canteens financially uncontrolled

Ten canteens and bars belonging to fire stations across the capital have been put under scrutiny as the head of the National Fire-fighter's Association has requested more transparency regarding their accounts, which are reportedly left to the exclusive

responsibility of the captain.

Fernando Curto, head of the National Fire-fighter's Association has accused the eateries of "not being controlled", and that their "accounts are not public".

"Every day hundreds of meals are served and all shopping is

A 'Pink Palace' for breast cancer awareness



The front of the House of Parliament is bright pink, as part of the National Breast Cancer Prevention day. (Photo: Mario Cruz / Lusa)

Earlier this week, Lisbon's House of Parliament, home to the Republic Assembly, was splashed with pink lighting and an oversized projected white bow and ribbon, as part of the campaign for the National Breast Cancer

Prevention Day.

The lights were ceremonially switched on by Jaime Gama, President of the Republic Assembly, thereby participating in the campaign organised by the Europe Donna Portugal Association.

Other public and private buildings around Europe will follow suit, as will international officials, who by participating in the events showed their solidarity with women, promoting and defending the need for breast cancer check-

ups and early intervention.

Every year some 4,500 cases of breast cancer are diagnosed, and five women die every day from the disease.

Europa Donna Portugal is one of 39 members of the European Europe Donna coalition, integrating the Portuguese League Against Cancer. Its objective is to defend and promote women's rights, in collaboration with local and national authorities, as well as other institutions of the European Union.

Cascais encourages handicapped sailing

This week Cascais City Hall signed a protocol with the Cascais Cooperative for Educating and Rehabilitation of Handicapped Children (CERCICA) that pledges to share the financial upkeep and management of a specially-adapted vehicle, used to transport the children to and from sailing lessons.

Cascais City Hall will invest nine thousand euros per year to ensure the vehicle's maintenance. It was offered to CERCICA last year by the SIC Hope Foundation, with contributions from BP and from the

Rock In Rio Social Project.

Project 'Sail Without Limits' was devised in 2005 to introduce handicapped children to the entertaining and therapeutic benefits of sailing. More than 700 participants have already taken part in the project's regular sessions.

A range of specially-adapted equipment has been supplied or purchased through various charitable institutions, in collaboration with the City Hall and the Cascais Naval Club, including APDM, the Portuguese Association for the Disabled, and CERCICA.

Art Expo serves as backdrop for educators

Lisbon recently hosted the ECIS (European Council of International Schools) Board of Trustees meeting.

The ECIS, a governing board for international schools, is a collaborative network promoting the ideals and best practice of international education. An Art Exhibition in honour of the ECIS and its CEO, Mrs. Dixie Mackay, was organized by Ms. Lynn Rublee. All of the ECIS schools of Portugal proudly participated.

António d'Orey Capucho,

the mayor of Cascais, was on hand to open *The International Schools of Portugal Arts Exposition* held from October 4-7 in the Cascais Cultural Centre, which served as a backdrop for student artwork as well as a venue for a concert performed by students from three local international schools: Carlucci American International School of Lisbon, St. Julian's Interna-

tional School, and St. Dominic's International School.

Mr. John Butterworth, president of CHES (Council Heads of English Speaking Schools/ECIS), along with representatives from the English speaking schools in Portugal, were afforded the opportunity to discuss relevant topics such as global issues networking, online learning, and professional development with ECIS members at the reception following this event.

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Rotary achievement reward



The Vice-President of Almancil Rotary Club, Mr Peter Hinze and his wife Janet visited Vale Verde International School on Friday, 26 October.

This visit coincided with an award made by the Rotary Club to recognise international school students' academic achievements. Harrison Lechley, a Year 11 student at Vale Verde Interna-

tional School was selected for his outstanding academic achievement, good citizenship and his skills/leadership qualities in sport.

After an introductory wel-

come by Roger Foreman, the Headmaster of VVIS, Peter Hinze gave the assembled students a brief history of Rotary International and its mission. He then proceeded to explain the circum-

stances under which the presentation of a certificate and gifts had been made.

Following the receipt of the award in the presence of Harrison's mother, Mrs Marianne Lechley, and a vote of thanks by a Year 7 student, Ben Salt, Mr and Mrs Hinze were given a conducted tour of the school before leaving to enjoy the sights of the Western Algarve.

A set of calculators was donated and a further gift of money was made for the purchase of library books for the school. The Rotary Club is planning to revisit the school in January to organise a careers symposium for senior students.

More abused women in Algarve



The number of women in the Algarve who are the victims of physical abuse has risen in comparison to 2006, with the Portuguese Association for Victim Support (APAV) having received nearly 500 phone calls in the first six months of this year.

It is predicted that, by the end of 2007 this number will double.

APAV registered some 439 complaints made by women reporting violence, physical and/or physiological abuse, the majority of whom are Portuguese.

However, an association spokesperson has said that an increasing number of immigrants are now using APAV's helpline.

In 2006, 851 women turned to APAV for help after suffering abuse.

Surfers save tourists from potential tragedy



Last weekend three Dutch beach-goers were rescued by surfers after being caught up in strong currents on a beach near Praia Tonal, the beach where four holiday makers lost their lives last week whilst trying to rescue their children from the notoriously treacherous waters.

The three Dutch tourists, two girls aged 16 and 18 and a boy of 15, had been bathing in the sea on the Ponta Ruiva beach, between Sagres and Cabo São Vicente, Western Algarve, and had been swept out to sea by strong undercurrents.

When local surfers spotted them, the youths were already a considerable distance from the shore and frantically

swimming against the strong tides. Relatives remained on land, and, according to witnesses, were clearly in despair.

Immediately three surfers, said to be surf-monitors, set out on their boards to provide assistance.

One of the rescuers said, "They wouldn't have lasted much longer. If it wasn't for us there would have been another tragedy".

Praia da Ponte Ruiva is an isolated, unsupervised beach, visited mainly by surfers.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic.

It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

				1	8	2		
		9	2			4		5
							8	9
9					5	8		6
8		6	3					4
3	7							
4		8			3	7		
		2	6	4				

Last weeks solution:

6	7	3	5	4	8	1	9	2
9	5	2	6	1	7	8	3	4
8	1	4	9	3	2	6	7	5
5	4	8	3	6	1	9	2	7
2	9	1	4	7	5	3	8	6
7	3	6	2	8	9	4	5	1
4	2	7	1	9	3	5	6	8
3	6	5	8	2	4	7	1	9
1	8	9	7	5	6	2	4	3

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

Please refer to page 19 for the crossword

CENTRAL ALGARVE Surviving Bankruptcy

A difficult subject that is usually avoided, but in this talk, Michael Harris will identify some of the warning signs and show how to anticipate a business closure. Managing and controlling the experience as best you can, rather than letting events take over is important, as is remaining positive. Michael will share several essential pieces of advice. So with over 50% of small businesses failing after 5 years, it is vital to be forewarned and learn from the experiences of others.

Michael Harris has owned two small businesses, one was successfully sold another went into bankruptcy in 2005. An accomplished speaker, Michael will inform us from his personal experiences. New members welcome.

Directions to Hotel A Colina, formerly Hotel Berry. From the West, on the A22 motorway take exit 13, the faro airport turn off. Follow signs for Almancil. Join the N125, after 2 kms take the left turn, signed Ludo, and first left again. The hotel will be found at the top of the track.

If travelling through Almancil towards Faro, take the right turn to Ludo, just passed St Lorenzo church.

Wednesday November 14th 2007
Network Lunch at Hotel A Colina, Almancil
12:30 pm for 1:00 pm – Time to Network
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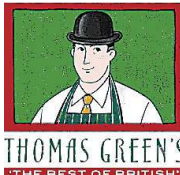


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One tonne of hashish found floating off coast

GNR officials collected more than a tonne of hashish found floating in the sea, some 500 metres off the Ingrina beach, Vila do Bispo, Western Algarve, discovered during a routine coastal patrol.

It is believed the drugs were scattered after a boat that was ferrying the illegal substances, reportedly from Morocco, violently collided with rocks whilst attempting to unload the stash during the early hours of last Friday morning.

This is the second largest drug scoop in that area of the Algarve in the past two months.

Initial reports confirmed 33 packages of hashish had been collected from the waters, each weighting approximately 30 kilos, though authorities admitted there could still be more drifting packages, in the water

or jammed in the rocks.

Police also suggested the possibility of discovering a body or bodies of the crew, though no indication of this has yet been confirmed.

Search and rescue was conducted by the navy and carried out over two phases, the first being to gather the drugs; the second to locate and bring in any remains of the vessel and its engines.

Some 30 men and divers, aided by a navy vessel, were involved in the clean up, which officials described as a "delicate operation".

The ill-fated boat is believed to have been a semi-rigid motor-vessel, made of fibre, measuring an approximate 10 metres in length and propelled by two 250 horse-power engines, permitting the boat to cruise at a maximum 90 kilometres an hour.

Eighteenth century organ star attraction in Faro festival

An historical organ dating from the 18th century and uniquely characteristic of the Iberian Peninsula is to take pride of place in Faro's upcoming, first ever Organ Festival, which will commence this Saturday (November 3rd) and continue through till the end of November.

It will be played by acclaimed musicians including Dutch-Hungarian pianist Gyula Szilágyi, on November 10th, and Paulo Bernardino, on November 24th.

Paulo Bernardino will be playing classic renditions of pieces by Carlos Seixas (1704-1742), Bach (1685-1750) and Jiménez (1601-1618), whilst Gyula Szilágyi will be performing masterpieces by Portuguese composer António Carreira (1530-1594), Italian Giovanni Picchi (1571-1643) and Spaniard Francisco Corred' Arauxo (1575-1654), amongst others.

Built by craftsman Johan Hulenkamp between the 16th - 18th centuries, the organ in question was recently subject to meticulous restoration work, mechanical and tuning.

Despite promising to be a magnificent affair, fully backed by Faro City Hall, more involvement and cooperation from the Algarve Regional Board for Culture has been requested for next year's event.

Performances will take place in the evenings, in the Sé de Faro. Entrance is free.



Dutch-Hungarian pianist Gyula Szilágyi will play an historical organ, dating from the 16th century, later this month. (Photo: Luís Forra / Lusa)

Sagres' landmarks promised multi-million euro investment

Sagres' Cabo de São Vicente fortress and lighthouse were, until recently, the Algarve's most visited landmarks, receiving thousands of tourists every year. However, for the past two years the lighthouse has been closed to the public, leaving hordes of tourists, who especially made their way to Sagres disappointed, worsened by the dilapidated state of the fortress.

Despite renovation works on the lighthouse supposedly culminating in 'July 2007', announced on a plaque hanging on its gates, it has not yet reopened. It has since been said to re-open next year.

In an equally precarious state is the fortress, which is expected to receive a government cash injection of 10 million euros, to be transformed into an interactive museum.

For this, a new company has been especially created to oversee and manage the promotion of the landmarks. PromoSagres will be responsible for elevating the historical monuments to new heights, capturing their former glory and popularity.

Correia Nunes, head of PromoSagres admits "it doesn't make sense for a tourist to travel long distances to Sagres to find the landmarks in this degraded state".

State Secretary for Tourism, Bernardo Trindade has reaffirmed the government's promise to intervene by announcing that works on the fortress will commence in 2008.

Still undecided is the future of the Beliche Forte, which is also presently closed, though interest in managing a reformation project has been shown by the local Town Hall.

High tension hunger strike ends

The nine Vale Fuzeiros residents, who carried out a hunger strike in front of the Republic Assembly to protest against national energy company REN's high-tension pylons and respective lines that will cross the heart of their historically rich village terminated their protest after three days of no food and very little sleep.

Sergio Santos, head of the Residents' Committee, said "we feel that we have reached our goal, but we are disappointed we were not received by the President of the Republic".

Their message did however reach Jaime Gama, head of the Republic Assembly, as well as the president of the Local Authority, Environment and Territorial Ordaining Board, who guaranteed an inquest into the

matter would be opened.

Five Portuguese, three English and one German citizen camped outside the historical building from Tuesday till Friday last week, being joined on the Wednesday by hundreds of other local residents from Silves, Sintra, Almada and Guimarães for a day-long protest against the

controversial, high-tension Tunes - Portimão electricity line.

The group pledge to continue their campaign against REN, and, says Sergio Santos, "If there are no more developments we will return, but this time with the whole country".

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Make your own festive wreath

That time of year is coming up again, and with two months left until Christmas, we will help you get through the festive season with tips, recipes and helpful articles.

There's nothing more inviting when you are doing a lot of entertaining at Christmas than a festive wreath on the front door, creating a warm, inviting atmosphere even before visitors have stepped into your home.

But if you can't face the crowds in the Christmas rush and haven't been able to buy a Christmas wreath you can always make one of your own.

Prunings from your Christmas tree will act as a perfect base for the wreath and you can top it up with cuttings from evergreens in your garden, including holly or pyracantha and associated berries.

I think the best wreath frame is a metal one which you can buy from any good florist. Pack it with moss, securing it by attaching green wire to one end of the frame and then wrapping it round the moss in a circular fashion all the way around keeping it taut, which will also secure the greenery which you are going to attach. Then tease out the moss a little, to hide the wire.

If you are using left-over

pieces from your Christmas tree, cut out 12-15cm sections of branches and work your way around the frame, inserting the sprigs so that the stems are secured underneath the wire (or you can twist more wire around the frame if needs be) and making sure they are all facing in the same direction.

Once you have your pine frame there are endless possibilities to spruce it up, adding holly sprigs and berries from your garden at even intervals around the wreath, variegated ivy or Christmas baubles which you can attach with more florist's wire, dried fruits, pine cones, cinnamon sticks and festive ribbon.

I prefer the wreath not to be too busy. Strategically-placed clusters of three pine cones look really effective - you'll need about three trunks of cones evenly spaced at three intervals for an average-sized wreath.

Variegated plants add more interest. Good varieties to use include Ilex 'Silver Queen', holly which has green foliage and a silver edge, and Eucalyptus gunnii,

which is an attractive blue-green variety which is scented.

If you don't have evergreen clippings from your garden but you do have colourful bark and stems from your winter dogwood, the RHS suggests trying an alternative coloured winter stem wreath, made out of willows and dogwoods and for which no frame is needed.

Collect 12-15 young, flexible stems (which vary in colour from deep red to yellow, depending on your taste). Take one long stem and bend it into a circle about 30-40cm in diameter, twisting in the overlaps until it holds the circular shape.

Then add the next stem starting from the thicker end and twist it in and out of the circle. Continue with the remaining stems making sure that each stem starts slightly further along from the last. Add a wire loop and hang.

Hannah Stephenson

Christmas Fayres & Bazaars

Oporto Ladies Guild Christmas Bazaar

Date: November 17th at 2.30pm.

Venue: Clube Inglês, R. Campo Alegre, 532 - 4150-170 Oporto.

Description: Homemade produce, plants & vegetables, calendars & tombola, bric-a-brac, books, toys & novelties, free activities for children. Teas - English style. All in aid of local charities.

Barringtons Christmas Bazaar

Date: November 24th from 11am - 5pm.

Venue: Barringtons, Vale do Lobo.

Description: Everything you need for Christmas: great gifts, cards, crackers, games, toys, cakes and puddings, books, portraits, decorations, rugs, candles, soaps and more.

Contact: 289 351 940.

NETWORK Annual Christmas Fair

Date: December 1st at 11am to 5pm.

Venue: Hotel Garbe, Armção de Pêra.

Description: A great variety of Christmas shopping under one roof. Treat yourself to a superb lunch - AND - bring the children to see Santa in his enchanted cave.

Contacts: Paulette Fouché, info@network.algarve.org, 282 415 843.

You can take a free listing on our Christmas Page. Please supply the following information: Name of event • Organizer • Venue • Date & time • Contact N° • Description (up to 20 words) email to: copy@the-news.net

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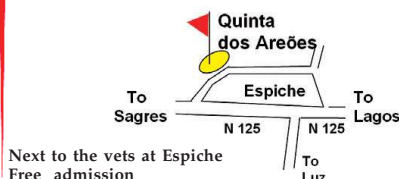
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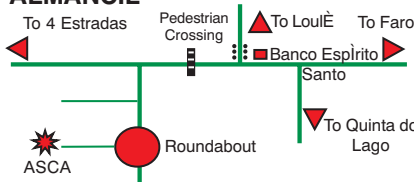
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Sapo broadband troubles

SIR, So your Tavira correspondent thinks he's got trouble with the Sapo broadband service?

In our locality all connection was lost for the best part of a week in September- it was rumoured that equipment was being replaced/updated in our local exchange. However the Sapo phone support line admitted to no such problem and on each of many calls to get service restored asked me to check my equipment out and phone them back before they would inform their service engineers.

Not only did this waste a lot of my time, but they charge for each support call regardless of where the problem lies. And to exacerbate the situation, Sapo/PT also charge for dial-up calls via another service provider: such calls are necessary to get the most basic of e-mail and Internet access whilst the broadband connection is 'down'. So they profit twice from a breakdown in service.

I feel that the customer, who is already paying for a monthly broadband connection, should not have to bear additional charges by Sapo for something that is not their fault. Accordingly I went to the local Sapo/PT office to ask for a rebate on my telephone bill. This office, whilst being very happy to sell you a contract along with hardware, is not in the business of dealing with complaints about broadband. They asked that I should type out my complaint and they would fax it to the appropriate department along with a copy of my telephone bill. This was done but, surprise, surprise, three weeks

later there has been no response.

It is clear to me that Sapo is not at all accountable to its customers. I'm off to find another service provider, not that this will worry anyone at Sapo/PT!

JOHN DRIVER, By e-mail

Sapo

SIR, Further to the recently published letter in respect of Sapo I would like to express my experience of their service. We retired here in March, bought a telephone from PT and the line was connected in 7 days. Because I do not speak or read Portuguese, a fact of which I am not proud, and am a computer novice I encountered difficulties in understanding the installation disc to connect to the Internet, but on telephoning the Sapo helpline was treated with courtesy, politeness and, perhaps more important to me, patience and was soon online. I have on one occasion since 'lost' the Internet connection, but another call to Sapo and I was again happily e-mailing and surfing. I give Sapo full marks for customer services.

NORMA CULSHAW, By e-mail

Charity dinner dance

SIR, The dinner dance held at the Recantos dos Mourous, on Saturday 27th October, was attended by approx. 100 people and €1,300 was raised for the Castelo de Sonhos.

Many thanks to all friends that supported us and made it such an enjoyable evening. Also

thanks to individuals and local businesses that donated prizes for the raffle.

CELIA MOSSMAN, By e-mail

A charge too far

SIR, I have recently returned from a 7 day golfing holiday in Vilamoura, Portugal. This is my third visit to the region and while the quality of the service and the friendliness of the people is unchanged, prices in Vilamoura have gone through the roof.

I come from Ireland which has a reputation for being the rip off capital of western Europe. Well, we are only trotting along behind the Portuguese resort of Vilamoura. Our hotel, The Vila Gale Ampalius was fine. Good breakfast and a buffet dinner that was superb in both quality and price. The staff were helpful and friendly and the bar prices were reasonable. Unfortunately, I cannot say the same for the golf courses that we visited. We played three courses during our stay, Laguna, Villa Sol and Quinto do Lago. All three charged €50 to hire a buggy. Yes, €50. An outrageous fee and double what you would pay in "rip off" Ireland. Refreshments were available on the course from people in buggies. Again, the prices were way over the top. But that wasn't the worst part. After our game at Villa Sol, I went to the bar for four, pint bottles of Magners. I handed the barman €20, expecting to get some change. He asked me for a further €8. The round cost €28. Unbelievable. Here in Ireland, the same round would cost €18. We didn't stay for a second round.

At a beach bar in Vilamoura, near some large beach couches and armchairs, three of our party ordered three bottles of Magners. They were charged €33. That's €11 per bottle, nearly three times what they would cost in Ireland. Prices in most of the bars on the

Marina compared well with Irish prices. It would appear that the cost of living in Portugal is rapidly catching up with the rest of Europe. I don't think we will be returning to Vilamoura again next year. Maybe the USA or France or perhaps the time has come to find a new destination where golfers won't be the target of the rip off merchants.

GERRY MADDEN, By e-mail

Reply to Anita Patmore

SIR, South Africa is crime ridden and very dangerous! It has recently been rated the 3rd most dangerous country in Africa. Johannesburg is the murder capital of the world. The country is slipping into anarchy!

Anita Patmore was in South Africa in 1999. Things have changed. In total, since the ANC came to power, approximately 280,000 murders have been recorded, ie. 20,000 per annum (that's 55 per day). Rape, robberies, hi-jacking and violent crime carries on 24/7. Life is cheap. The criminal is king. The victim has no rights!

We do not know of a single person who has not been affected by crime, even in remote parts of the country. The government does little or nothing. Recently the Chief of Safety and Security announced on national TV that people must stop complaining about crime or leave the country!

Since there is a moratorium on crime reporting, because of the up and coming World Cup, crime is South Africa's best kept secret!

I was born and raised in South Africa. I love my country. After countless incidents of crime, cars stolen, 14 friends including family members murdered, we decided to leave. In 2006 we joined the exodus of hundreds of thousands out of South Africa to start over elsewhere. It has not been easy.

It is time to take note of what

is really going on down south. African leaders don't lead they destroy. Mbeki and Mugabi are related by the way. Actions speak louder than words! Hence the silent diplomacy!

The South African cake appears to be beautifully iced, but it is rotten to the core. Wonder-

ful country, fantastic climate, its law-abiding citizens bruised, scarred and bleeding to death. The world looks the other way. As for human rights? Who cares anyway, it's just Africa!

Cry my beloved country!
NAME & ADDRESS SUPPLIED

Portugal 17th in EU competitiveness table

Portugal lies in 17th position among EU states and is ranked 40th among 131 countries in the latest report on global competitiveness by the World Economic Forum (WEF).

The WEF rating is based on two indicators, a global competitiveness index, taking into account countries' development levels, and the competitiveness of firms and the quality of national business environments.

The coordinator of Portugal's national technological plan, Carlos Zorrinho, told Lusa the latest WEF assessment of Portugal marks an improvement.

Zorrinho added that the application of EU structural funds under the National Strategic Reference Framework, signed between Lisbon and Brussels earlier this year, will boost competitiveness and "improve the country's position in the rankings."

Sports ministers applaud White Paper

EU member states have given their "strong support" to proposals for a Europe-wide action plan for sports, a Portuguese government minister said after chairing an informal one-day gathering of sports ministers from the 27.

Pedro Silva Pereira, minister to the presidency in the Lisbon government, welcomed the thumbs up given by Europe's sports ministers to the Brussels' sports White Paper, a future vision for the sector across the EU.

He also expressed satisfaction at the staging a day earlier in Lisbon of the first meeting of European anti-doping chiefs.

Representing the European Commission, Odile Quiwint, director general for education and culture, said the White Paper "recognises that trafficking of doping substances should be comparable to trafficking in other illicit substances".

Earlier, EU sports ministers had slammed the decision of Frenchman Jean-Francois Lamour to pull out of the race to become president of the World Anti-Doping Agency (WADA). The ministers also declined to throw their weight behind Australia's John Fahey - now the sole runner for the top anti-doping job.

TPN/Lusa

Police phone-tapping revealed

Between 2003 and 2005 some 26,000 telephones across Portugal were tapped by police as part of PJ, PSP and GNR investigations. This was revealed by national Judiciary Police (PJ) director Santos Cabral at the request of the Minister for Justice, Alberto Costa, during a visit to the PJ's headquarters last week.

The number of phones that have been, or still are under observation since 2005 until the present day is confidential information, known only by the Republic General Prosecutor (PGR), Pinto Monteiro, and Santos Cabral.

It was confirmed that on the

day of the visit, 1,800 telephones were being monitored.

In a recent interview to weekly newspaper Sol, Pinto Monteiro voiced concerns that too many phones were being monitored, suggesting the possibility that even his phone was under observation.

Affirming that, in Portugal, phone tapping is done "in exaggeration", Pinto Monteiro went on to say, "I have my doubts whether or not my phone is tapped. Sometimes it makes funny noises. How am I going to deal with it? I don't know. How am I going to control it? I don't know".

Opening Win for Casals

The Lisbon Casuals Football Section notched up an early win as the new season finally got underway at the St. Julian's School ground last weekend.

Playing in their dazzling new yellow and white strip, the home side hammered six goals past the visiting Dois Pinhas goalkeeper, including two rare goals by veteran defender Mark Harding, who joined Tim Bosch, Fernando Pinto and Tiago Lopes on the Casuals' score sheet.

It wasn't all plain sailing for

the Lisbon Casuals, however, as the away team engineered a succession of chances in the second half which could have resulted in more than their total tally of four goals. On the final whistle, Casuals ran out 6-4 winners after an exciting 90 minutes of end-to-end football.

Lisbon Casuals: Bernardo Almeida, Jon Burke, Salvador Cerquido, Tim Bosch, Damian Roach, David Salguieral, Tommy Brennan, Nuno Bicho, Diogo Lopes, Mark Harding, Hugo Sousa and Luis Silva.

Portuguese for Beginners

Emília Rosendo

105

THIS LESSON:

Revision exercises with verbs "ser" and "estar"

Today's lesson deals with verbs "ser" and "estar" (to be) in the "Presente Simples do Indicativo" (Simple Present) and "Pretérito Perfeito do Indicativo" (Simple Past).

❶ Choose the correct verb(s) - in a), b), c) or d) - to complete each sentence below.

- Por que razão não comes a sopa?
- Porque muito salgada.
a) é b) está c) esteve d) estou
- Ontem à tarde, a Ana e eu ____ na casa do nosso amigo e colega Rui.
a) estive b) fui c) fomos d) estivemos
- Olá! Como ____, Pedro?
- ____, bem, obrigado. E tu?
a) estou...Estás b) estás...Estou c) és...Sou d) sou...És
- A Dona Ana ____ professora durante muitos anos nesta escola. Agora, ela e também o seu marido ____ reformados.
a) esteve...estão b) foi...foram c) foi...estão d) é...são

- Eu e o meu irmão não ____ nada parecidos um com o outro, mas ____ gémeos.

a) fomos...estamos b) estivemos...somos
c) estamos...fomos d) somos...somos

- A minha irmã mais velha ____ grávida de oito meses. Todos nós ____ muito contentes.

a) é...somos b) é...estivemos
c) está...estamos d) está...somos

- Onde ____ a tarde inteira? Não te vi.
- ____ no médico. ____ doente.

a) estiveste...Estive...Estou
b) estive...Estive...Sou c) foste...Esteve...Fui
d) estás...Fui...Foi

- Catorze vezes três (14x3) não ____ quarenta e nove (49). A conta ____ errada.

a) estão...é b) são...é
c) estão...está d) são...está

- Os nossos passatempos preferidos ____ jogar damas, ir ao cinema e ler.

a) estiveram b) são c) estão d) é

- Esta loja ____ fechada durante meses. Reabriu há uma semana.

a) esteve b) é c) está d) foi

Exeter Friendly Society Bowling League

Week three saw the ABC Cats resting whilst the other eight teams fought it out for precious points. At Alvor, the Harlequins continued their excellent start to the new season with a 60 – 40 shot win over the PDF Crusaders, collecting 5 points to 2 and in the process they maintained their lead at the top of the table.

Also at Alvor, the Gladiators took on the visiting Tavira Tigers, who came away with a 43 – 64 away win and eight valuable points, lifting them into third in the league table. Over at Tavira, the Titans entertained the Alvor Greens. The Greens continuing their unbeaten start to the season, with a 46 – 51 away victory and 6 points to 2. Unfortunately, VDL Wolves

were unable to field a team away to the PDF Sinners who therefore collect the match by default, taking all 7 points.

Harlequins now have 18 points, closely followed by the Greens on 16 and the Tigers on 13. Then come the Crusaders with 11, the Sinners with 9 and the Cats on 7 points. Finally we have the Gladiators with 6 points, Titans on 4 points and the

Wolves on -2 due to the default this week.

This Thursday also saw another innovation and a further step forward by Bowls Algarve with the start of the new mid-week league, sponsored by Drytech. This has six teams each with a four and a pair, all playing on the same green each Thursday. The first round saw all teams at Isla Canela, just over

the Spanish border. Alvor beat Albufeira by 46 to 29, taking all six points whilst Vale do Lobo beat Parque da Floresta by 37 – 24 and finally Tavira overcame Isla Canela by 39 – 25, both winners also taking six points. The next series of games is at Albufeira on Thursday the 8th of November.

Alan Clarke,
League Director

Networking Dinner with Speaker in Albufeira



Members are invited to a networking evening on Thursday 8th November in the Golf Club House at Balaia Golf Village, Sitio da Balaia, Albufeira, Algarve.

After dinner Dr António Ventura Pina, President of the Algarve Regional Tourist Board will give a talk on "The Importance of Investment on Golf and Residential Tourism Resorts in the Region".

Drinks will be from 7:00pm with dinner at 8:00pm followed by the talk and an opportunity for discussion. There is no

charge for the reception and dinner as it is being kindly sponsored by Constantino Jordan Resorts and Bragança Bruno & Associados.

Please complete the booking form below and send it back to us as soon as possible as places are limited and must be reserved.

John Newgas

Booking Form | Networking Dinner with Speaker

Please complete this form and return it to the Portuguese Chamber, Fax number (044) 020 7201 6637 or e-mail: events@portuguese-chamber.org.uk

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Duff and Shanks Trophy won by Eddie Leitao

The TOFFS Golfing Society played the last of their six games of 2007 on 29th of October at the Beloura Golf Course near Estoril.

Thirteen society members and two guests enjoyed the stiff challenge of the golf course but

not even a strong northerly wind could put Eddie Leitao off his game and his thirty five

Stableford points made him a clear winner for the day and also the winner of the overall annual award for the best placed golfer in the six games played at different golf courses during the year.

Other competitors had given him a good run throughout the year and Hans Ludolphi was narrowly pipped at the last game.

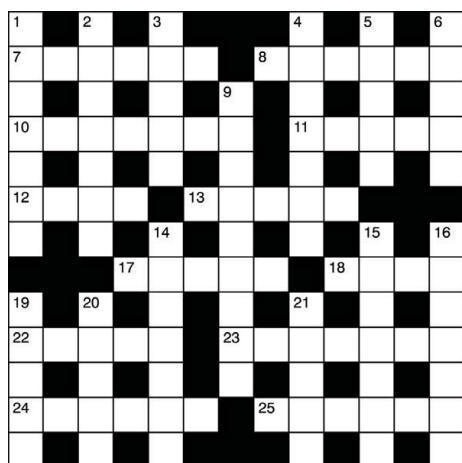
A prize giving lunch was held at the Lagoa Azul Restaurant in Linho during which the outgo-

ing Captain presented the prizes to the winner accompanied by loud applause from the others present.

Summarising the year's golfing activities, the Captain reported that the most popular course visited by the members in 2007 was Montado and presented the meeting with a list of other courses that were well liked by the members.

Hans Ludolphi was duly elected unanimously as Captain of the Society for the year 2008.

The Portugal News Crossword No. 165



QUICK CLUES ACROSS

7. Scarcity (6)
8. Wonder (6)
10. Prosecute (7)
11. Blemish (5)
12. Cook (4)
13. Let (5)
17. Obscure (5)
18. Swarm (4)
22. Concord (5)
23. Home (7)
24. Alliance (6)
25. Recommend (6)

DOWN

1. Progress (7)
2. Obstruction (7)
3. Divest (5)
4. Clique (7)
5. Elude (5)
6. Indolence (5)
9. Attack (9)
14. Sportive (7)
15. Belong (7)
16. Suffocate (7)
19. Tarnish (5)
20. Indispensable (5)
21. Home (5)

QUICK SOLUTIONS No. 164

Across: 1 Inlet; 4 Address; 8 Rivulet; 9 Scene; 10 Spry; 11 Scabbard; 13 Cite; 14 Deft; 16 Sunburnt; 17 Spot; 20 Being; 21 Antique; 22 Element; 23 Press.

Down: 1 Irresponsible; 2 Lever; 3 Tilt; 4 Attack; 5 Disabled; 6 Elegant; 7 Steadfastness; 12 Struggle; 13 Confide; 15 Intact; 18 Pique; 19 Stop.

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Get yourself happy

Clinical psychologist Dr Pamela Stephenson Connolly, wife of comedian Billy, explains how people with psychological problems, from mood swings to sleep disorders and trauma, can lead happier lives with her new self-help book, *Head Case: Treat Yourself To Better Mental Health*.

Former comedian Pamela Stephenson, wife of Billy Connolly and star of the Eighties show *Not The Nine O'Clock News*, has spent the last 17 years of her life dealing with the mind. She meditates every day, takes exercise as often as she can and laughs a lot, which is unsurprising when you consider who she's married to. But it's all part of a process of keeping her mind healthy, says the New Zealand-born writer.

As a clinical psychologist with a private practice in Los Angeles, Pamela saw countless people suffering from a variety of mental health problems and believes that millions in this country are suffering needlessly, because of our 'stiff upper lip' attitude to mental health.

With this in mind, Dr Pamela Stephenson Connolly, as she is

more formally known, has written a self-help guide for all those with psychological problems, ranging from depression and anxiety, to mood and sleep disorders, trauma and substance abuse.

The book was inspired by the many letters she received after her biography of her husband, Billy, was published.

"Lots of people wrote to me after Billy was published and told me about their struggles - they were similar to the ones that Billy had dealt with, all kinds of abuse in the past, attention deficit disorder and learning problems, alcohol and substance abuse. Many of them wrote that it was the first time they'd ever told anyone about it and that they were struggling with it. I was quite shocked because I'd expected that they would have had access to treatment."

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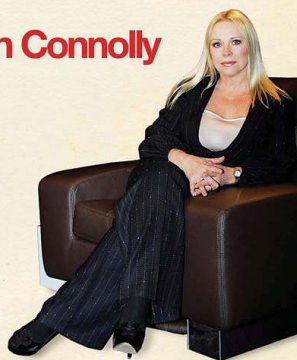
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head case: treat yourself to better mental health.

Dr Pamela
Stephenson Connolly



Head Case: Treat Yourself To Better Mental Health, by Dr Pamela Stephenson Connolly, is published by Headline, priced £20/€29.

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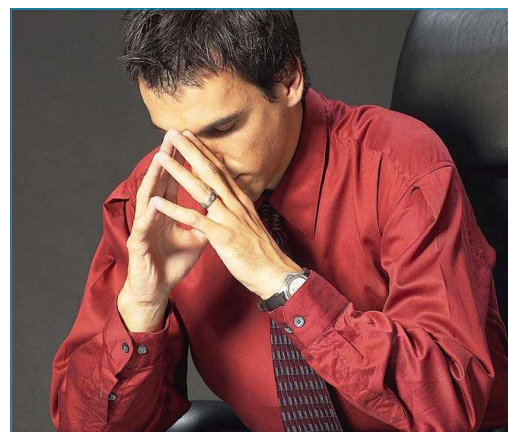
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Men may find the book particularly useful as they generally don't like talking about how they are feeling. "Suicide is the biggest cause of death of men under 35."

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of astigmatism with mental health even though things are getting a bit better, with more discussion in the media, and some brave people have come out and talked about their struggle with depression," says the 57-year-old.

Among them is her friend Stephen Fry, one of her guests on her hit More4 series *Shrink Rap*, in which, in her psychologist mode, she interviewed A-list celebrities including Robin Williams and Sharon Osbourne, who revealed things about themselves hitherto kept under wraps.

The book gives clear bullet

points on assessing whether you or someone you know may have a mental health issue, along with measures which may involve both professional intervention and self-help.

"Sometimes you can fix the problem by self-help suggestions if it's not too severe. I want to empower people to know about each disorder and to be on the lookout."

Topics covered in depth include depression, panic attacks, phobias, obsessive compulsive disorder, post-traumatic stress disorder, personality disorders,

schizophrenia and everything in between.

It details symptoms, causes, and treatments which are likely to work and is more a book you would dip in and out of as mental health issues arise.

"As we go through life, our mental health doesn't remain stable. We are going to have the odd crisis. Even people who are the most stable among us are going to have that," explains Pamela.

"We might not know the difference between feeling low and when we become clinically depressed. All these things are addressed in the book. There's no reason we should have to put up with it."

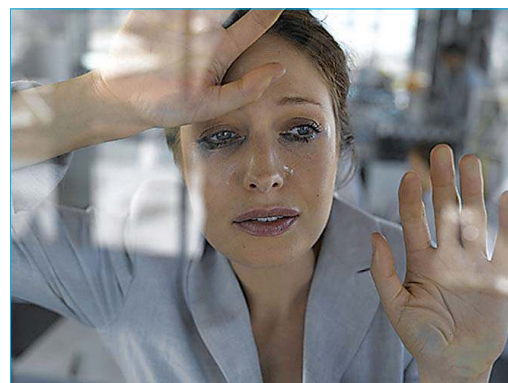
She continues: "Stress has a

profound effect on a person's mental health. Our society has become ever more stressful, perhaps. Business and educational requirements get higher and higher, and I think there's a relationship."

"We have the worst rate of suicide in Europe. One in four people is struggling with a mental health problem, the most common being depression and anxiety."

"Very often people don't know that treatment is available and can work. They are bamboozled by the science of it. Very often problems are debilitating, but they can be treated."

Men may find the book particularly useful as they generally



"Stress has a profound effect on a person's mental health."

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don't like talking about how they are feeling. Suicide is the biggest cause of death of men under 35, she points out.

"They are not more prone to depression, but men don't like to talk about feeling bad. They see it as a weakness and one of the ways they will deal with feeling low is drinking heavily. That will make them worse because alcohol is a depressant."

Today, Pamela and Billy divide their time between New York, where they moved to be closer to their grown-up daughters, and Candacraig House, their baronial retreat in Aberdeenshire.

Pamela, a naturalised Australian, has taken a two-year sabbatical from her Los Angeles practice, and having completed a sailing adventure across the South Seas, settled down to write the book.

She freely admits that she has had psychotherapy herself, but that's one of the conditions of becoming a psychotherapist in the US. "They want to be sure that you've thought about your demons. I talked about all kinds of things. One of the things that I've personally struggled with is my tendency to overwork. That was one of the things that I looked at."

Top Tips for a Mentally Healthier and Happier You

- :: Soothing touch: We all need the warmth of human contact, especially when we are sad or in pain. Without it we will not thrive.
- :: Kind words: Receiving verbal kindness can relax and soothe us. Make the effort to say kind things to others, to ask others for verbal kindness and to accept it when given.
- :: Cry if you need to. It's a marvellous, healing release.
- :: Learn from your pain and grief. Learn from bad experiences - betrayal, loss, humiliation - and ultimately happiness will occur.
- :: Learn to relax, to reduce worry, anxiety and potential for panic.
- :: Feel peaceful: Learn to meditate to calm and soothe your mind and encourage a sense of perspective and control over your life.
- :: Exercise: The psychological benefits include reduced feelings of depression and anxiety and a more positive outlook.
- :: Engage in pleasurable pastimes: At least twice a day do something that gives you simple, guilt-free pleasure, such as walking outside in the sunshine or enjoying the scent of a flower.
- :: Stay busy, but not too busy: Find a balance between work and play.
- :: Seek humour in your life: It is very healing to laugh. Cultivate humour in your daily life in relationships with others at home and at work.

Hannah Stephenson

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The Spirit of Asia

Ask a cruising fan what they like about the ship Spirit of Adventure and they would almost certainly say it's the house party atmosphere on board - and prices which are more all-inclusive than you find on many liners these days.

Indeed, cruising on this ship is like living in the perfect village, with the neighbours wonderfully civilised and anything you need

close at hand. This is a cruise line for people keen to go beyond the usual tour excursions, and to know more about the places vis-

ited than where to shop.

Small and comfortable, Spirit carries just 350 passengers and, although owned by Saga, is NOT



exclusively for over-55s. She began this year in the Far East, and will end it in Antarctica... having visited 65 countries in between.

Her destination-intensive itineraries are planned to give as much time in port as possible. Some of the best excursions - and all the tips for staff - are actually included in the fare, with high-quality English-speaking guides and air-conditioned coaches waiting in every port.

Even our "comfort stops" were well-researched - vital on long coach journeys in remote locations. And bottles of chilled min-

eral water and cold face flannels were always passed around.

That's how our 'soft' adventure took us in great style from Singapore to Colombo, on a cruise called Pictures of Asia.

How else could we have travelled to a banquet by flower-filled trishaw in Penang, ridden an elephant in Thailand, and possibly best of all, swam with sari-clad ladies in The Bay of Bengal, from the remote Andaman Islands - all within the space of a fortnight?

Between highlights like these, we relished the cosy and elegant atmosphere of an attractive little ship with large, soothing, public rooms, a well-stocked library filled with leather sofas and armchairs, a spa, and a beauty salon. There is an indoor swimming pool too, and another outdoors.

Cabins range from generous to compact, all stylishly decorated

with oodles of storage space and neat tiled bathrooms.

The other important ingredient of our journey was the friendliness of fellow passengers. In both the formal restaurant and the indoor-outdoor Verandah buffet restaurant, tables fill up as you arrive - so there is no boring arranged seating plan, and you can sit with a different person at each meal if you wish.

The Spirit of Adventure is probably the next best thing to an all-inclusive cruise - but much cheaper. The laundry was ultra-cheap, decent wine started at £8 a bottle, and many wines were sold by the glass, sensible with so many singletons travelling.

Before each port of call an on-board lecturer puts the place into context: the history, culture and

architecture.

Everybody seemed to love Malacca for its Portuguese ruined churches and exquisitely restored Chinese shop houses, many now antique shops - tall narrow buildings that actually stretch 150 feet back, enveloping great courtyards and exotic gardens.

Among our fellow passengers, mostly English, the surprise was the number of well-heeled, mature couples who said with a slightly mischievous smile, "Actually, we're not married."

If you'd come expecting bingo you'd be on the wrong ship - here were concerts, quizzes, films, lectures, dancing, and Clive, a Welsh piano player so handsome he was the delight of lone lady travellers.



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For the Filipino cruise staff - friendly, helpful and humorous - nothing was too much trouble.

One of the first ports of call was Kuala Lumpur, where we marvelled at the Petronas Twin Towers, 452 metres of stainless steel. On a sweaty stroll through the back streets of this attractive old colonial city, we lunched at an old Malay house from an astounding buffet of some 100 delicious local dishes.

Then we headed up the coast, to Lumut in Perak, through a primary virgin jungle now regimented with coconut palms - although Reap our guide said elephants and tigers still come out and eat the newly planted crops. Despite a soaraway economy, Malaysia is still nine parts jungle.

Next stop Penang, so densely crammed with high-rise hotels and apartment buildings that it looks like Acapulco. After a long hot walk through the biggest Chinatown outside China we caught a cab to Batu Ferringhi beach for a stunning swim in the Andaman Sea. Then, that trishaw ride to a banquet in an

old mansion.

Our last Malaysian stop was the magical holiday island of Langkawi, where the windy weather prevented the cable car from making its usual ascent to the hill station, for a knockout view of rain forest and ocean.

For us, white tropical beaches were a great compensation... and the insanely cheap freepoint shopping. Passengers were returning with smiles on their faces and £3/€4.30 bottles of gin.

Jennifer, our guide in Phuket, was a feisty lady with a story to tell. After the Tsunami she gave the British ambassador to Thailand a lift on her scooter to meet British tourists she had rescued from the beach and taken to a shelter.

We caught a speedboat to the famous Phang Nga Bay used in the James Bond movie *The Man With A Golden Gun*, to see the curious limestone outcrops that rear up from the sea. The 'sea gypsies' scale them to retrieve the much-prized swallows' nests, a delicacy selling on the open market for £50,000/€71,550 a kilo.

This community's primitive village, built on rickety stilts, is these days much more obviously affluent - they take credit cards for shopping, have smart tiled toilets and when you glimpse their accommodation behind the racks of James Bond t-shirts, they've all got giant plasma screens.

As our travels continued, the food on board got better and better. While a lunch of fresh-caught lobster and giant prawns, barbecued in hot sunshine on deck, is hard to beat, there was stiff competition each day from a curry and plenty of roasts, steak and grills.

Tropical fruit was as abundant as you would hope. And with a German chef, we were treated to a positive over-abundance of creamy gateaux.

Our glimpse of the Andaman Islands marooned in The Bay of Bengal was pretty delicious too. Bussed through the throbbing little capital, Port Blair, we swam at palm-lined Corbyn's Cove, where sacred cows ambled up the beach.

Three beautiful young ladies



Pictured above: The Kek Si Lok Temple, Penang; left: The 'James Bond Island', Thailand. Opposite page - Top right: Saga's Spirit of Adventure cruise ship; top left: Traditional Thai boats on the beach; bottom left: Langkawi beach, Thailand; bottom right: A flower-strewn trishaw, Penang. (All photos: Press Association)

swam up in their voluminous saris. "Where you from, Auntie?" they said in impeccable English tones.

Arriving in Madras, now renamed Chennai, we went to the French enclave of Pondicherry, a three-and-a-half-hour bus journey away. The French relin-

quished control of it 50 years ago, but it retains broad tree-lined boulevards, serves wine in restaurants, and has what must be the cleanest seafood in India.

Home to a famous Ashram, the Sri Aurobindo, it's a place of pilgrimage for people from all over the world. Wonderful 18th cen-

tury churches and gourmet Franco-Indian restaurants make it a fantastic cruise destination. And like many of Spirit's ports of call, one I doubt you would have found on any other cruise ship.

TRAVEL FACTS

∴ Catherine Stott was a guest of Spirit of Adventure which leaves European waters this month and sails to the Caribbean, then the Amazon and Argentina and into the Antarctic (Jan 2008) followed by South America.

Spirit of Adventure brochures and reservations on Freephone 00 44(0)800 300 432 or www.spiritofadventure.co.uk

Catherine Stott

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Nail the trends

Nail the latest trends for your talons. We reveal the hottest looks for your hands.

When we're updating our look for the new season, nails are often glossed over. But taking on new trends with your talons is one of the hottest ways to make

a statement and update your style.

Forget the traditional French manicure, inject some colour into your ensembles quick-smart with this season's most stylish nail shades.

Carolyn Sears, director of

Zoya, says: "In terms of colour, the catwalk trends for A/W are split into two camps. There is a strong biker utilitarian look with dark blues, grey and lots of black leather and PVC.

"But also, suprisingly, bold block colours - purple, orange,

hot pink and lime green - continue to fill the catwalk which is most unusual for the autumn/winter season but great for nails!"

Get busy with that nail brush and parade this season's hottest hues.

Indigo Idioma

Just as the catwalks were awash with purple, the trend for nails is very much about indulging in indigo. Purple, navy and blues are big news on the nail front right now. These colours may be dabbling with the dark side, but they're far more flattering than harsh gothic black.

"With any dark colours, always use a great basecoat to avoid staining the nail and a luxurious topcoat to avoid chipping," Carolyn advises.

Metallic Mania

Metallic yes, glitter no! Sparkle just isn't going to cut the style mustard if you're over 16 years of age. But just like the catwalk craze, metallic should be a glamour puss' staple for A/W.

"In terms of textures, metallics are very strong which is great for the party season," Carolyn says.

Look out for dreamy bronzes, shimmering silvers and glistening pale golds for an ultra-luxurious look on your nails.

Grey Matter

If there's one nail colour that's got everyone in a flap this season, it's gun metal-grey in a super-matt shade. From Nicole Farhi to Chloe, catwalks went wild for grey talons. Barry M's New Grey nail paint hits shelves on the first week of November and the celebrity waiting lists are already stacking up.

Superdrug's head of cosmetics Simon Comins says: "This shade looks best when used on short nails with a high gloss top coat."

Scarlet Woman

The sexy 40s siren look was huge on the catwalks, as seen on the models at Valentino and D&G. Classic pillar box red is hot on lips and nails this season if you're craving some classic ladylike glamour.

If you don't want to be on red alert, look for muted deeper shades of red or luscious plum.

Stylish Shapes

Want ultra on-trend talons this season? You've got to get the basic shape right to work the trends

to the max. So what's the insider know-how on achieving nails with the wow factor?

"Squoval" is probably the most practical shape for wearing dark colours," Carolyn advises. "But if you want edgy then the newest shape is the 'stiletto' which is a more rounded shape."

According to Glossonline.co.uk, short and 'squoval' (squirish with rounded edges) is the shape to make with your nail file. Even fake talon aficionados such as Victoria Beckham are ditching their extensions in favour of

short, dark nails that make a cutting-edge statement.

Put less attention on long lengths and focus on perfecting your fashion-friendly new lacquer.

Lisa Haynes



Master the pin-up make-up

■ A peachy skin with a rosy glow is what you are trying to achieve. To find the perfect blush colour, pinch your cheeks and look for a shade close to your natural blush.

■ Sweep the eyelids and brow socket with a pale bone-coloured matte or slightly shimmery powder shadow. Then carefully apply a neat winged line of black eyeliner.

■ Use curlers to enhance your lashes, then apply individual false lashes to the outer corner of the eyes to make your lashes appear longer. Finish with two coats of black mascara.

■ Lips should be as near to a true bright red as possible, ensuring the shade is the correct one for your skin tone. Use a lipliner to create a smooth, full lip shape and

paint on your chosen lip colour using a lip brush. Blot with a single ply of tissue, apply a dusting of loose powder, then repeat the process for maximum staying power. Translucent gloss will up the glamour of this look.

■ Don't wash your hair for at least a day before your big night out as it's easier to style that way. Section your hair in two-inch chunks, spray lightly from the roots with setting lotion and wrap smoothly around heated rollers ensuring the ends are tucked in neatly. After half an hour (longer if possible) carefully unravel the curls and tease into shape using your fingers or a tail comb.

Life Style: How To Pin Down The Pin-up Within You, by Kelly Brook, published by Orion. Available now.



Classic pillar box red is hot on lips and nails this season if you're craving some classic ladylike glamour. (Photo: Press Association)

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Learn through play

With countless hi-tech toys on the market claiming to improve young children's speech and development, we speak to experts who explain how the simplest of toys like building blocks or creative play without any toys at all, can be just as good.

The very early years of childhood are a critical period in the development of young minds, and there are a bewildering array of hi-tech toys on the market which claim to help it on its way.

But parents who feel guilty about not being able to afford the latest expensive gadgets to aid their little one's development may take heart from new research which suggests that

the simplest of toys may be the most effective learning tools for the very young.

A US study has found that playing with coloured blocks may lead to improved language development in young children. This comes in the wake of other research showing that viewing media, such as some television and baby DVDs marketed with unsubstantiated claims that they help development, may actually hinder language learning.

The latest study, which involved 175 toddlers aged between 18 months and two-and-a-half years, found that children who played with blocks scored 15% higher on language assessment than those who didn't.

The study was led by Dr Dimitri Christakis, of the University of Washington in Seattle, who explains that the reason playing with blocks helps children's vocabulary is connected to their inner language, which is a precursor to speech.

"As they play with the blocks, children are speaking to themselves internally," he says.

"If they're building a tower, they're thinking 'I'll put that one on top of that one', or if they're making a car or a castle, it's reinforcing that word in their head."

He says parents often help their children play with blocks, and this is an interactive experience which is key to learning.

But he stresses: "In recent years we've seen an explosion of products which make all sorts of claims that they're educational for kids, but the majority of claims are unsubstantiated."

"However, parents are blinded by pseudo-science and they've grown away from tradi-



Janni Nicol, co-author of Creative Play for your Baby, insists that simply participating in household tasks, being told stories, playing games that involve movement and being out in nature are of much greater developmental value than expensive toys. (PHOTO: Press Association)

Ask the expert

My two-year-old doesn't sleep very well. Does this really mean he's more likely to be obese when he gets older?

Dr. Abdullah Al Mamun of the University of Queensland, Australia, who led a study into the effect of children's sleep quality on their weight, says: "In a study that involved 2,500 children from birth to the age of 21, we found that the prevalence of obesity in young adults was greater in those who had sleeping problems during early childhood (ages two-four years) than in those with no sleeping problems at this age."

"Young adults who had frequent sleeping problems in early life were 1.9 times (95%) as likely to be obese by age 21 as young adults who didn't."

"There are at least three plausible explanations for this link. First, children who sleep less have more time to eat, and this excess consumption results in obesity."

"Second, lack of sleep results in tiredness and less physical activity during the day, causing less energy ex-

penditure than energy intake. Alternatively, less physical activity may result in reduced sleep quality or duration, and therefore the association with sleep quality or duration might not be causal but might reflect the established association of physical inactivity with obesity."

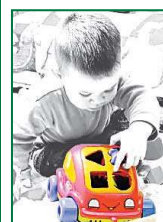
"Third, biologic mechanisms such as metabolism disruptions or changes in hormone secretion -- for example, decreased levels of leptin (an appetite suppressant), decreased nocturnal secretion of growth hormone, increased levels of ghrelin (an appetite stimulant), compromised insulin sensitivity, and changes in the autonomic nervous system -- play a role."

"Further research is needed to determine whether these mechanisms are true. At age two, sleeping patterns vary widely, and if a mother is worried she should discuss her child's sleeping with her doctor or health visitor."



To curtail bedtime power struggles, let your child make choices whenever possible during his nighttime routine -- from which bedtime story he wants to hear to which pair of pajamas he'd like to wear. The trick is to offer only two or three alternatives and to make sure you're happy with every choice. For example, don't ask, "Do you want to go to bed now?" He could very well say no, which isn't acceptable. Instead, try, "Do you want to go to bed now or in five minutes?" He still gets to make the choice, but you win no matter which option he picks. (PHOTO: Press Association)

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Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.

tional toys like blocks.

"We now have our first evidence of a kind of toy that really can improve language - and it's a throwback to a prior time; children using their hands, minds and inner language to reinforce what they're learning."

Lisa Salmon

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Located in the brand new Pateiro industrial estate (Parchal, between Lagoa and Portimão) is an equally brand new garage and tyre specialist outlet, established in September, to offer your vehicle the best possible service.

Recognising the area's need for superior car servicing, Pneus Pateiro offer leading facilities for vehicles of all types and sizes. The garage maintains high standards, offering state of the art equipment and light, bright, clean facilities.

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ings, and other services can be carried out (except major repairs).

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Established by Luso-Canadian couple Alberto

Belchoir and Lesley Yoshkuni, Pneus Pateiro is run by service manager and renowned mechanic Paulo Mimoso, who has decades' experience in all areas auto-related. It was established to fill a niche in that particular region for a large-scale, modern, and efficient mechanic service.



The team of experienced professionals strive to ensure time and budget restrictions are kept to, and speak English, Portuguese, and French.

They are open from Monday to Friday, from 08h30 – 12h00 and 14h00 – 18h00, and Saturday mornings from 09h30 – 12h00. For more information, call Pneus Pateiro on: (+351) 282 423 437/38, fax: 282 423 439, or e-mail: pneuspateiro@mail.pt prime.pt. Pneus Pateiro is located directly behind Angel Pilot.



The team, with mechanic Paulo Mimoso (far right), Alberto Belchoir and Lesley Yoshkuni (centre).

Warm up with Welltherm



Temperatures are slowly dropping and an autumnal chill is setting in. Winter is on the doorstep and it is time not only to replace summer wardrobes with winter attire, but also to start firing-up home-warming systems. If you have not yet chosen your system, Welltherm has an excellent solution for those looking for harmonious, healthy heat.

WellTherm specialises in intelligent solutions for home heating, health and relaxation-enhancing equipment that is both cost and environmentally-friendly.

longer. As air remains undisturbed, no draughts or small particles of dust are created, therefore being a healthier option for those such as asthma sufferers.

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It is already the biggest site of its kind in the region, though has only been established for three months.

AutoAlgarve24.com was founded by forward-thinking entrepreneur Luis Pusta, who is also the creator of AlgarveBazaar.com. Luis moved from Italy to Portugal just over one year ago and has since revolutionised the regional car-sales market.

Luis has had a successful career in computer programming, and has always been a motor enthusiast, so conjoining his two passions was a natural step.

"Portugal is a large country, and finding a second-hand car can often be complicated", he

explains.

"Here in the Algarve you either visit one or two garages, and maybe don't even find the type of car you are looking for, or you have to travel long distances to see lots of different cars. This website allows people who are looking for a car to find that specific car, its current location, see its price, and get all the owner's details before they even leave their house". Many of the vehicles on sale are posted by dealers, offering excellent prices for nearly-new autos.

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Be beautiful for the festive season



Sahas beauty salon in Albufeira offers one of the most complete ranges of beauty treatments imaginable, aiming for bodily perfection, head to toe, for men and women. From Botox to body peeling, massages to diamond microdermabrasion, whatever your body requires, Sahas can satisfy.

As one of the first salons to offer professional permanent make-up, Sahas has always been at the cutting edge of beauty. Its founder, Sabina Nolte, is still the region's sole, exclusive licensee for Ri-Soft permanent make-up and endeavours to keep her salon and respective treatments at the forefront of beauty.

The newly revamped salon will soon be home to a brand new line of exciting and indulgent beauty products, as well as the sophisticated diamond microdermabrasion treatment.

Microdermabrasion has fast become the most talked about facial as it offers a safe and controlled method of skin resurfacing by gently exfoliating the outer layers of skin. Not only applicable to the face, it is an excellent and progressive treatment ideal for ageing skin, lines and wrinkles, open pores, blackheads, pigmentation, blemish scars, acne scars, stretch marks and much, much more.

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even after the very first treatment however for more problematic skin concerns a course of treatments may be recommended.

Another important benefit is that microdermabrasion can be performed on all skin types and colors, female and male, treatments lasting approximately one hour for a full neck and face microdermabrasion, and around 30 mins. for smaller areas.

sion (no risk of stray crystals causing damage or being ingested).

At Sahas a special introductory offer is available, valid until 31.12.2007:

- Single full face treatment €60,00
- Course of 5 sessions €275,00
- Course of 10 sessions €500,00
- Body treatments after (free) consultation.

Alternatively, pamper yourself before the stress of the festive season with any of Sahas other treatments.

Gel nails with Christmas-inspired motifs promise to be as popular this year as before, with Sahas offering leading techniques in this and other hand and nail treatments.

A unique, relaxing massage is available exclusively at the salon, a mix of Asian and Oriental massage techniques to soothe and stimulate body and soul, an intense massage that lasts a minimum two hours.

To discover and sample all of Sahas' treatments, visit the salon during their open-day, on November 17th, from 14h00 – 19h00, and benefit from a 20 per cent discount on treatments booked on that day. For more information or directions contact Sahas on: (+351) 289 098 636, mobile: 913 942 853 / 913 842 853, or e-mail: beauty@sahas-pt.com.



Sabine Nolte (right) and nail technician Barbara.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 3 Nov 2007

PROPERTY OF THE WEEK

A lovely Lagoa apartment



Contrary to most high-rise buildings that seem to be shooting up en masse across the Algarve, this week's property of the week is situated in a charming little building in the city of Lagoa, a small, personalised structure converted from what was once the town's former open-air cinema.

This sunny two bedroom apartment is south facing, located on the first floor, centrally situated in Lagoa.

It is within walking distance of all main amenities, a five-minute drive to the idyllic fisherman's village of Carvoeiro, it's beaches and golf courses, and is 20 minutes drive to Portimão or Albufeira.

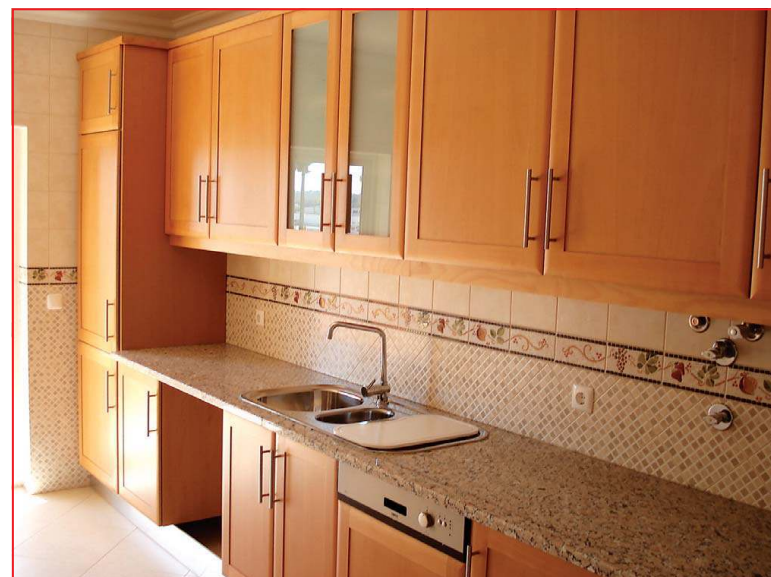
Its positioning offers a great location, without being over-priced.

Through the building's main door and foyer there is a courtyard, which leads on to the main building. Here, there are stairs and lifts to reach the apartment.

Inside, through the front door, we enter a large, spacious

hallway, large enough to accommodate a home office or more voluminous pieces of furniture. It has a fitted storage cupboard, wooden ceilings and inset spot-lighting.

Left from the hall is a storage room, and first right is a generously sized family bathroom, nicely finished with quality materials and decorative tiles.



Past the family bathroom is the first of the two bedrooms; a good-sized double, with fitted wardrobes and a large window.

Opposite is the master bedroom, another good size double, complete with two sets of fitted wardrobes, a big en-suite bathroom complete with a hydro-massage bathtub, and patio doors to a spacious balcony that extends along the full length of the apartment's façade. Both bedrooms have easy-to-clean laminate flooring.

This balcony is also accessed from the kitchen and the living/dining room.

Straight ahead from the front door, through a set of wood and glass double doors, is the living/

dining area.

In-between the living/dining room and the master bedroom is the kitchen. Light and bright and fully integrated, it offers ample room and lots of storage space, finished with remarkably decorative fruit-inspired wall-tiles.

On the whole the apartment is spacious, fresh and sunny, with lightwood finishes, cream floor tiles and light cream coloured walls.

It is pre-installed for air conditioning, has a handy central vacuuming system, and is fully double-glazed.

Two private underground garage spaces are allocated for future owners, per apartment.

It is presently on the market for €150,000.00, unfurnished.

For more information, contact Peter Ogley at Remax Lagoa on mobile: (+351) 913 426 399, telephone: 282 087 456, or e-mail: pogley@remax.pt.

Alternatively, see website: www.remax.pt.

Speaking English and Portuguese, Peter Ogley has lived in the Algarve for some 23 years. Despite only having joined the Remax team in its brand new Lagoa headquarters in September.

He has more than two decades experience in real estate and property management.

Call Peter now for more information.

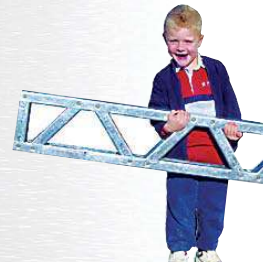
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For further details and an appointment to view Call Nevin 919 555 916



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Vilamoura

Fantastic studio apartment in Vilamoura, less than 15 min. walking distance from the beach...Fantastic price!!

Prices From: € 77.500,00
Ref.: CB-APT-0053
Call: 962 335 514



Vilamoura

Fantastic 1 bedroom apartment in Vilamoura, less than 15 min. walking distance from the beach...with front yard & communal pool!! Close to all amenities. Fantastic price!!

Prices From: € 113.000,00
Ref.: CB-APT-0057
Call: 962 335 514



Tavira

Great opportunity!! 2428 sqm plot near Tavira for construction of a Villa...

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Fabulous sea views!!
Price: € 99.000,00
Ref.: MG-TER-0021
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Olhão

3 bedroom Villa...very well located, close to the Natural Reserve Park, with garden, garage and terrace
Great views from the terrace!!
Excellent opportunity!!

Price: € 295.000,00
Ref.: MG-VIV-0092
Call: 917 787 582

East Algarve – Selected Properties in Tavira and Olhão



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Tavira

*"Something Special" Opportunity to build 1 or 2 houses in the historical centre of Tavira, w/ garden & pool. Covered area 250 to 430 m2 depending on the size of garden.

Ref: LHR-747 Price: € 265.000



Tavira

T2 townhouse in mature urbanisation in Tavira w/ large terrace, communal pool, stunning views & good rental potential. Construction approx. 130m2, built in 2004.

Ref: LHT-824 Price: € 267.000

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Tavira

Spacious, new 5 bedroom family residence, w/ office, garage, terraces & landscaped garden. In a quiet Cul de Sac. Construction approx: 238 m2, (excl. basement), plot 674m2.

Ref: LHV-935 Price: € 600.000



Moncarapacho

Large 5-bedroom villa. Immaculate condition. Pool, garage & landscaped garden. Central location. Construction approx: 480 m2, plot 1337m2, built in 2006.

Ref: LHV-927 Price: € 850.000



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Fax: 282 356 743
leohbraun@hotmail.com
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Salicos

Two bedroom apartment w/ established garden & very private BBQ area & communal swimming pool. Desirable location close to Centianes beach. Lounge w/ wood burner, modern kitchen, u/ floor heating in bedrooms, ample parking space.

Ref: A-237 Price: € 250,000



Mato Serrão

Detached villa on small property w/ private swimming pool close to Carvoeiro village & Gramacho Golf. 3 large bedrooms, 2 bathrooms, spacious lounge/dining, ergonomic kitchen, lockable garage, covered patio, terrace w/ sea view. Fully furnished.

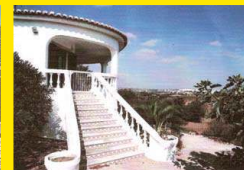
Ref: V-343 Price: € 350,000



Belomonte

Spacious new villa in quiet location in prestigious area composed of 3 bedrooms, 3 bathrooms (2 en suite), guest wc, lounge w/ fireplace, dining room, equipped kitchen. Large terraces on the 1st floor. Swimming pool. Quality design construction.

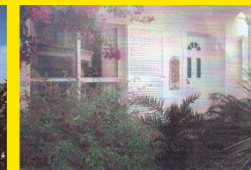
Ref: V-312 Price: € 500,000



Salicos

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool.

Ref: V-349 Price: € 495,000



Carvoeiro

4 bedroom house w/ heated swimming pool, spacious lounge w/ wood burner, large, equipped kitchen leading to BBQ area, 2 bathrooms, shower, central heating, small established garden, driveway with lockable garage.

Ref: V-350 Price: € 350,000



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Praia da Rocha

1 Bedroom apartment totally renewed. Furnished, with equipped kitchen. Communal swimming pool. One step away from Rocha beach. Good Price!! Good Investment!!!

Refº 229-1 Price: € 95.000



Armação de Pêra

T1 – New – Quality private Condominium. Swimming pool & parking place. Equipped Kitchen. One step away from Armação Beach. Very Good !!!

Refº 174-2 Price: € 100.350



Aljezur

3 bedroom Villa set in a complex between Arrifana & Monte Clérigo beaches. Almost new, equipped & furnished, w/ pool, BBQ & garden. The 3 bedrooms are en suite Living room w/ fireplace. Pre-installation of central heating. A Very good investment!!!

Reº 047 Price: € 295.000



Carvoeiro

Villa V2. Totally renewed. Furnished and equipped. Very pleasant, with solar panels. Placed at Carvoeiro centre, with a good sightseeing over the sea, from the terraces. Should be mentioned the algarvian garden. A special house!!!

Refº 115 Price: € 450.000



Lagos

New, high quality Villa, w/ garden + garage. 3 of the 4 bedrooms are en suite. Sauna room. Equipped kitchen. Terrace w/ BBQ. A/c, Internet, digital parabolic, pre-installation of central vacuum & heating. Inner lift to top terrace w/ private Spa & panoramic view & to private heated sw. pool. FABULOUS!!!

Refº 176 Price: € 900.000

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- Fully Fitted Kitchen
- Golf Course & Ocean Views
- Golf Rights
- Communal Swimming Pool

€305,000

P945T



Quinta do Montinho

- 2 Bedroom, 2 Bathroom
- Open Living/Dining Room
- Private Garden
- Superb Views
- Golf Rights
- Communal Swimming Pool

€272,600

M721T



The View, Salema

- 2 Bedroom, 2 Bathroom
- Fully Fitted Kitchen
- Roof Terrace
- Underfloor Heating
- Golf Discount
- Communal Swimming Pool

€460,000

Q16



Parque da Floresta

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- Fully Fitted Kitchen
- Luxuriously Furnished
- Air Conditioning
- Golf Rights
- Communal Swimming Pool

€115,000 Quarter Share

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BENSAFRIM / Lagos - Country villa with pool on spacious plot.
Price: €690,000 (Ref 439V)



PORTO DE MÓS - Next phase - 2 bedroom luxury apartments with heated pool and landscaped gardens on the beach. **Prices from €450,000** (20% deposits now being taken - balance in 2 years) (C71)

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LAGOS - Luxury apartment with pool and excellent sea views.
Price: €319,000 (Ref 221A)



LAGOS / Praia da D. Ana - 2 bedroom apartment 5 minutes walk to the beach and 10 minutes walk to all amenities.
Price: €159,500 (Ref 209A)

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Santa Catarina

- Cottage to modernise
- Quiet area, country views
- 2 bedrooms, 1 bathroom
- Very large store room
- Terrace and garden
- House 200m² plot 800m²

Ref. C995
Price: € 300.000



Tavira

- Old cottage / quinta
- Views towards Ria Formosa
- 2 bedrooms 1 bathroom
- Ok for B&B or small hotel
- Possibility of building land
- House 200m² plot 2 ha.

Ref. C996
Price: € 800.000



Central / East Algarve

- Over 100 ruins / terrains
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- To over € 2.000.000

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www.property-runner.com



Santa Bárbara de Nexe

- Beautiful rustic style villa
- Lovely views to the coast
- 4 bedrooms 4 bathrooms
- Many character features
- Pool & barbecue terrace
- Villa 250m² plot 960m²

Ref. V998
Price: € 875.000



São Brás de Alportel

- Small restored cottage
- Extra cottage to restore
- 2 bedrooms, 1 bathroom
- 2 urban numbers
- Garden & country views
- Cotts. 210m², plot 3780m²

Ref. C1001
Price: € 170.000



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Vilamoura

3 Bedroom / 2 Bathroom "Fully Furnished" single story villa with private swimming pool located in a quiet area with easy access to the marina and beach via the road train that stops nearby.

Price: €395,000 / £272,000



Vilamoura

3 Bedroom / 2 Bathroom detached villa offering a sunny terrace with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a garage with sauna.

Exclusive to Silver Holidays
Price: €550,000 / £379,000



Vilamoura

Beautiful 3/4 Bedroom / 2 Bathroom large townhouse located near "Browns" health club and Old Course golf course with private Jacuzzi, sauna and swimming pool.

Price: €625,000 / £431,000



Almancil / Quinta das Salinas

3 Bedroom / 2 Bathroom "Fully Furnished" detached villa at Quinta das Salinas between Q^{ta} do Lago & Vale do Lobo's beaches & golf courses, surrounded by pine trees, within walking distance of beach & Ria Formosa nature reserve.

Exclusive to Silver Holidays
Price: €825,000 / £568,000

VILAGENTE



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Vilamoura

One bedroom apartment composed of bathroom, lounge with fireplace, equipped kitchen and terrace. Communal swimming pool and garden area. Furnished, exterior parking space. Construction area: 75 square metres.

Ref: A1075 Price: € 100,000



Vilamoura

Spacious apartment composed of 2 bedrooms, 2 bathrooms, lounge with dining area, kitchen, storage and terrace. Communal swimming pool and garden area. Furnished and equipped. Construction area: 124 square metres.

Ref: A1212 Price: € 220,000



Vilamoura

Semi-detached villa composed of 2 bedrooms, 1 bathroom, lounge with fireplace and dining area, kitchen, storage and terraces. Furnished and equipped. Communal swimming pool and garden area.

Ref: V12324 Price: € 245,000



Gambelas

Spacious villa composed of 4 bedrooms, 4 bathrooms, lounge with fireplace, dining room, equipped kitchen, basement, storages, laundry room and carport. Roof terrace, swimming pool & garden. Plot area: 760 sq.m. Construction area: 300 sq.m.

Ref: V12522 Price: € 400,000



Vilamoura

Spacious villa composed of 6 bedrooms, 6 bathrooms, lounge with fireplace, kitchen, laundry room, office, basement and garage. Terraces, heated swimming pool and garden. Furnished and equipped. Plot: 1584sq.m. Constr. area: 217 sq.m.

Ref: V12513 Price: € 1,400,000



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Praia da Luz

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- Swimming Pool
- Sea Views
- Needs Refurbishment

Ref. M319
Price: € 285,000



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- Recently Renovated
- Large Pool and Terrace Area

Ref. M320
Price: € 985,000



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VILAMOURA - OLD VILLAGE

Ref. V61671

Investment opportunity!!! Three bedroom detached villa. 200 sq.m. 650 sq.m. plot. Furnished and equipped. Large garden w/ pool and BBQ. Possible construction of fourth bedroom. 15 min. walk to the Marina and beach.

Price: € 525.000

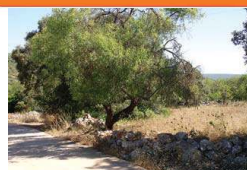


BOLIQUEIME

Ref. EA71993

Off plan two bed apartments. 5 minutes drive from Vilamoura and the beach. Constructed areas from 108 sq.m. Fitted kitchen. Alarm. Electric shutters. Central vacuum syst.. Pre installed for a/c. Near all amenities. Excellent investment.

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BOLIQUEIME - PARRAGIL

Ref. T71969

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Price: € 260.000



VILAMOURA - LAGUNA

Ref. V71963

"Golfers' paradise!!! Prime location! Quality & prestige on the golf. 4 bedroom detached villa. 600 sq.m. 2.447 sq.m. plot. Furnished & equipped. Landscaped garden w/ pool, BBQ & jacuzzi. Top quality finishes. A/c. Alarm. Magnificent golf & sea views.

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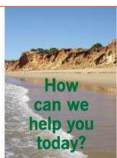
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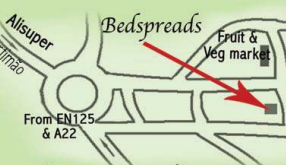
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A lifting experience



I'm ashamed to say that in the past, when I've lifted summer bulbs in October I haven't really taken care with storage and have at times ended up with rotten, soggy specimens which are unfit for planting the following year.

But with the price of bulbs, especially more unusual types, it is worth giving them a little TLC so that you can replant them again in spring, after the last frosts.

Gladioli and other summer-flowering corms such as ixias and sparaxis, tubers of *Tropaeolum tuberosum* and half-hardy summer-flowering bulbs including tigridias and chinchinchees should be lifted in autumn.

Dig them out carefully with a fork, taking care not to bruise them, and remove any soil which is sticking to them. Then cut off all but 1cm of the main stem.

The big mistake I made was not drying them off quickly. If you don't, any damp soil, roots or leaves left on them will cause the bulbs to rot. Store them initially in shallow boxes in a warm spot for a few days, which will make it easier to remove any remaining soil and old roots. When completely dry, some people dust them with sulphur to help prevent rotting.

The bulbs can then be loosely wrapped in newspaper and stored in shallow boxes or trays in a cool but frost-free place.

Gladiolus corms should be cleaned before storing, by removing the old corm from the base and saving the small cormlets to grow on. They will take several years to reach flowering size.

I know that many people are tempted to leave summer-flowering bulbs in the ground in the hope they will re-emerge the following year and, indeed, some do have success.

A trial on overwintering bulbs published last year by Gardening Which? magazine found that 88% of gladiolus corms left in the ground were growing well by the following spring, while only 69% of lifted corms were doing so.

However, dahlia tubers fared best when lifted and stored in a frost-free place, although the trial showed that tubers which were left in the ground did better if they were mulched with 10-15cm of compost or bark to protect them from frost.

Alstroemeria, known as Peruvian lilies, also did well when left in the ground, whether mulched or not. In general, lilies don't need lifting but they don't like to be too wet in winter, so if you have them in a pot, move them somewhere where they will be protected from heavy rain, such as an open porch or under the eaves of a house.

Alternatively, put an inverted pot or saucer on top of the container to stop the rain rotting them and raise the container on to pot feet to stop the wet getting to the bulbs from below.

Of course, where you live is going to make a difference. Those in colder regions with heavy soil will need to mulch their bulbs, corms and tubers well if they decide to take their chances and leave them in the ground.

Hannah Stephenson

From plot to plate

Orange trees

They can be grown in pots in temperatures above 13°C. They should be planted in large pots or tubs in soil-based compost and need careful watering. Let them begin to dry out and then give them a good soaking. From spring to summer you need to feed them with a high-nitrogen liquid feed every fortnight, but not tomato feed.

They can stand out on the patio during the summer, and crops are usually picked towards the end of summer. If the leaves shrivel and fall it could be due to too much water, lack of light, a sudden change in temperature or a very dry atmosphere. If this happens, place the pot on a bed of wet gravel, only water when the compost has dried out and, hopefully, the leaves will be replaced with new ones.



What's in store

New trees and those with insufficient root growth will require staking to keep them stable in windy weather and additional watering, especially taller trees that are available in garden centres now.

Jacaranda mimosifolia makes a very colourful specimen tree for the larger garden as it grows to approximately 15 metres with a spread of up to 10 metres. In late spring it produces panicles of beautiful deep purplish-blue flowers which when they fall, carpet the ground with a wonderful blanket of colour. It needs a moist but well-drained soil in full sun and does need watering during the summer months. It also benefits from a liquid feed on a monthly basis during the active growing period. It is very susceptible to frost as it is a native of tropical Brazil and temperatures below 5°C can cause damage, also do protect it from strong winds.

Schinus terebinthifolius the Brazilian Pepper Tree or Christmas Berry Tree and *Schinus molle* the Pepper Tree are also available in the garden centres at the present time. The latter tree grows to about 15 metres with a spread of up to 7 or 8 metres, whereas the former attains a maximum height of about 7 with a width of 5 metres. Both should be protected from frost although our *Schinus molle* does seem to tolerate lower temperatures. They need a moderately fertile, well drained soil mixture in full sun.

At present the spring flowering *Grevillea robusta* - Silky Oak - is also in the garden centres. In spring it is usually covered with gorgeous orange-yellow flowers. This is also a tree for the larger garden as it can grow to about 15 metres or more with a similar spread. We find they grow well in a fairly rich loam in full sun. They are best grown in places that do not have frost although during the exceptionally cold spell some years ago our plants survived, although we lost the flowers for that year. Ours do tolerate some light frost annually and do not need watering during the summer months now that they are well established.

Madge and John Measures

Top tips

Stay safe when hedge-trimming

- Make sure electric cable is secured over your shoulder and well out of the way of blades when using powered hedge-trimmers.
- Plug any garden power tool into an RCD so the current switches off immediately in case of accidents.
- When trimming tall hedges, place two pairs of stepladders securely on level ground with a plank between them and make sure it's stable before starting. Get someone to hold the ladders stable.

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- Restrict the planting areas to pockets of weed-free soil among the rocks.
- Choose plants that are not invasive or prone to smothering neighbouring alpine.

Pamper your lawn in autumn

- Use a spring-tine rake to pull out dead weeds, moss and grasses clogging up the base of the turf.
- Improve drainage and aeration by spiking the surface with a garden fork to a depth of at least 8cm.
- Brush a fine dressing of loam mixed with lime-free sand and organic matter on to the surface of the lawn, to encourage the grass to become thicker and tougher.

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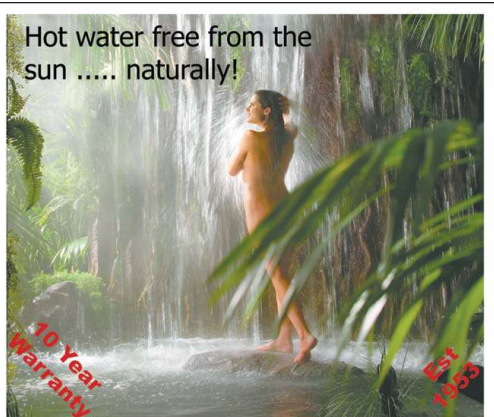
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Boozy banquet

Your drinks cabinet could be the inspiration for a delicious meal. Don't ditch those dregs until you've tried our boozy recipes.

Some combinations are just meant to be: salt and pepper, Yin and Yan, Torville and Dean to name but a few. One of the most complimentary combinations, I'm sure most people will agree, has to be food and drink.

It's a given that they go together. Social events all over the globe have this duo as their basis and weddings, Christmas celebrations and bar mitzvahs have added a jug of wine to the poetic loaf of bread and thou.

With that in mind it should come as no surprise that a new book celebrating the endless possibilities of combining our eating and alcohol is now hitting the shelves.

Between visits to the pub and the kitchen two food writers, Ryan Jennings and David Steele, have come up with Cooking With

Booze, a book that does what it says on the tin.

The philosophy behind the book is quite simply that the liquor cabinet should be as much a part of the kitchen as the spice rack. Ryan, a food critic, and David, a professionally-trained events producer, have some experience of eating and drinking well and believe that by using the unique flavours of wine, beer and spirits, even the most novice of cooks can add great depth to their cooking.

"We took our pub dream home to distil. The process became a game of experimentation - the recipes, ideas and flavour combinations poured out," says Ryan.

"There were disasters along the way but we forged ahead, driven by our successes and desire to create a guide that would

marry our two vices; a book for those who love to eat and drink and believe that wine, spirits and beer can be used as more than mere accompaniments to a meal."

With recipes ranging from Beer Can Chicken and Scotch-Smoked Salmon to Tequila Mockingbird Fajitas there is no end to the original ideas offered by the pair. They even supply drinks recipes to keep your thirst quenched whilst you slave away in the kitchen.

The boozy twosome do administer one warning however. "Always keep your guests entertained, but make sure you know how they're travelling and how much they're consuming. Plan ahead and have non-alcoholic alternatives available. And remember, moderation is always the best policy."

Sara Smith



French Quarter Coconut Shrimp



Ingredients (Serves four-six)

This New Orleans inspired appetiser is sure to impress. Best of all it requires minimal ingredients and very little time to cook.

500g extra-large shrimp, peeled and deveined, tail on
1/4tsp salt

Pinch freshly ground black pepper

Pinch of garlic powder
3 eggs, beaten
375ml all-purpose flour
625ml shredded sweetened coconut

For the bourbon sauce:
125ml bourbon
50ml light corn syrup
2tbsp fancy molasses
pinch hot pepper flakes

To prepare:

To make the sauce reduce the bourbon by one-third in a small

saucepan over medium-high heat. Add corn syrup, molasses and pepper flakes. Bring to the boil, reduce heat and simmer for five minutes.

Remove from heat and transfer to serving dish. Sauce will thicken slightly as it cools.

Preheat oven to 200C/400F. Spray large rimmed baking sheet with cooking spray.

Season shrimp with salt, pepper and garlic powder. Put eggs, flour and coconut into three separate bowls. Dip shrimp into egg, then flour, then egg again and finally into coconut.

Arrange shrimp on baking sheet and bake for 12 to 15 minutes or until golden and crisp.

Arrange shrimp on serving platter with bourbon dipping sauce in the centre.

Cooking with Booze

Delicious Recipes Using Beer, Wine & Spirits



by RYAN JENNINGS & DAVID STEELE

Cooking with Booze - Delicious Recipes Using Beer, Wine and Spirits, would make an ideal Christmas present, and is published by Apple Press, priced £14.99/€21.49.

Christmas is coming - have you booked your advertising yet?

Restaurant guide

ALMANCIL

Bistro des Z'Artes

International Menu
Open: 12.00- 15.00 & from 7pm.

Closed Mondays
Rua Calvario, 69, Almancil
Tel: 289 395 114 / 967 785 601

Don Toro Angus

Steakhouse
Steaks, gourmet burgers, fish grills & vegetarian
Open: Daily 18.00-23.00
Sítio das Escanxinas 504A, Almancil
Tel: 289 355 005

ALVOR

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Pasta dishes
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Largo 25 de Abril, Nº 1, Pêra

Tel: 914 844 269

LAGOS/LUZ

Vila Palmeira

Gourmet restaurant
Open: Restaurant - 19h to 24h
Bistro & Bar - 11h to 24h
(Both closed Mondays)
Meia Praia, Lagos
Tel: 282 770 902

Duna Beach

Open: 9am with finger food & snacks
Lunch: 12pm - 5pm
Dinner: 8pm - 11 pm
Bar: until 5am
Meia Praia Beach, Lagos
Tel: 282 762 091

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Rua Soeiro da Costa & Rua Lançarote de Freitas, Lagos
Tel: 282 768 466

O Beiral

International & Vegetarian menu - Italian specialities
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Closed: Mondays
Rua Dr. Guerreiro Tello, Barão de São João
Tel: 282 688 004 / 912 299 672

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Sunday from 13.00
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Blue Wave
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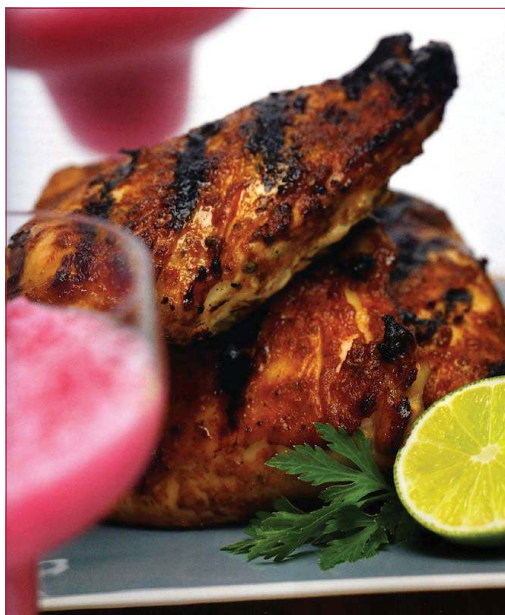
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Tel: 964 432 465



Fire-roasted Chicken Mexicano

Ingredients (Serves four)

50 ml Kahlua
50 ml lime juice
50 ml extra virgin olive oil
50 ml hot sauce

2 cloves garlic
1 onion, quartered
50 ml cilantro
2tbsp fancy molasses
2tbsp ketchup
2tsp dijon mustard
2tbsp pickled jalapenos

1tsp ground cumin
1tsp chilli powder
1/2tsp cinnamon
1tsp salt
1/2tsp nutmeg
1/4tsp freshly ground pepper
pinch hot pepper flakes
4 bone-in chicken breasts, skin on

To prepare:

Blend the kahlua, lime juice, olive oil, hot sauce, garlic, onion, cilantro, molasses, ketchup, mustard, jalapenos, cumin, chilli powder, salt, cinnamon, nutmeg, black pepper and hot pepper

flakes in a food processor until smooth,

Place the chicken breasts in a shallow baking dish and pour over the marinade. Cover and refrigerate overnight.

Preheat grill to medium high and sear the chicken, breast side down, for ten minutes. Rotate to create grill marks after five minutes.

Reduce heat to medium, turn chicken, close lid and continue cooking for 10 minutes or until juices run clear. Serve immediately.



Lemon & Fennel Risotto

Ingredients (Serves four)

It wouldn't be fair to leave the vegetarians out of the boozy banquet and with this fresh sophisticated risotto you won't have to.

1 bulb fennel with green fronds
1lt vegetable stock
50ml butter
1tbsp olive oil
8 shallots, finely chopped
2tsp grated lemon zest
375ml risotto rice
50ml lemon vodka
50ml Soave or Pinot Gris
375ml grated parmesan
2tbsp light cream
Salt and freshly ground black pepper

To prepare:

Remove fronds from fennel and chop coarsely. Set aside. Remove hard green stems from fennel, cut bulb in half lengthways and slice thinly. Set aside. Bring stock to a simmer in a

saucepan, reduce heat to keep warm.

Melt butter and oil together in a large stockpot over medium heat. Add shallots and cook for one to two minutes or until softened.

Add sliced fennel and lemon zest and cook for another two to three minutes. Add rice and stir with a wooden spoon until each grain is coated with butter.

Pour in vodka and wine and stir until absorbed. Add a ladle of stock and stir until absorbed. Continue this process, adding a ladle at a time until all the liquid has been absorbed and the rice is tender but firm.

Stir in parmesan and cream and season to taste with salt and pepper. Remove from heat and allow to stand for two minutes.

Spoon into warm bowls and garnish with chopped fennel fronds.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

The **Don Toro Steakhouse** in the centre of Lagos, opposite the Cultural Centre, has the finest prime Argentinian, Irish and Brazilian angus steaks cooked to your taste, as well as homemade, gourmet burgers. Served with a choice of sauces, the food is very affordable and José and his international staff also offer delicious fish grills, and a selection of vegetarian dishes. Whilst the exterior is colourful, contemporary and welcoming the interior has a more subdued romantic atmosphere. You can choose to eat inside or under the stars on their terrace, and to accompany your meal they have a selection of wines stored in wood barrels and produced from a variety of Portuguese grapes.

O Beiral is situated in a quiet

corner of Barão São João, near Luz. Not much to look at as you approach, but inside it's comfortable and rustic, with an 'at home' feel. It has a large terrace set in a lovely garden, full of flowers and there is a children's play area. New owners Olympia and Alessandro welcome you with a free Bruschetta! The freshest meat and fish are available to cook on your own stone. Prices are very reasonable and they have a selection of organic wines to choose from. And if you suddenly feel in the mood for a little music they have a variety of musical instruments you can play (but please only if you have a good ear for music!) If you want a relaxing evening, book your table to avoid disappointment.

Vila Palmeira at Meia Praia, Lagos is situated just before you reach the Palmares Golf course. This luxury estate needed its own restaurant and last July owners Karin and Vincent opened this select little jewel overlooking the sea. Enjoy lunch in the downstairs Bistro with a delicious selection of soups and sandwiches, salads or a light meal, or dine upstairs in the evening from the wide selection of starters and main courses. Try Pumpkin Cream to start followed by Chateaubriand with truffle juice for two, or Cataplana with monk-fish, mussels and potatoes. There are a selection of delicious desserts and cheeses, the house wine is very good and the wine list is superb.

Restaurant - Churrasqueira

O Beiral



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WWW.BISTRO-DES-ARTES.COM

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tel 289-395 114 • mob: 967 785 601 • closed Monday

Merlin madness

Merlin has reached the grand old age of nearly 15 months. He has generally been an easy puppy whilst he has been with us since last December. Portuguese Water Dogs are highly intelligent and he has always been keen to learn and keen to please us. He has generally been more outgoing than Cleo which seems odd given his start in life. He is still underweight compared to Cleo but according to my books he is still within the range.

You may remember that whilst Cleo was in season Merlin had to move over to Laura's at Merrylegs. This became a three week break as Cleo seems to have the longest season of any dog. I think Cleo just enjoys the attention of being here without her Brother!! Merlin is perfectly happy with Laura and slots into life over there, luckily we do see quite a bit of each other so Cleo and Merlin are quite used to Laura. Cleo, however, is a demon

when away from her Mummy and there is no way I would subject Laura to having her for three weeks—she would drive Laura mad.

So, Merlin returned home two weeks ago. Since he returned home he seems to have joined the 'terrible twos'. He is not throwing temper tantrums however he has just digressed back by about 6–8 months in his life cycle!! He is as loving and clingy as he ever was but, if left to his own devices he will find something illegal to do. We have had a busy couple of weeks post Blip so Merlin has spent a fair amount of time home with his Daddy in charge whilst I have been at the shop.

I came home one day to all sorts of demolition. The first thing I noticed was the toilet roll—yes he had become a TV ad puppy—wrong brand of toilet paper and puppy, Merlin! However it was so funny I did find it difficult to stay composed whilst telling him it was not allowed. It was a classic, it was still on the roller but he had taken it out of the bathroom, along the very long landing to the bedroom. It was so funny and difficult to keep a stern face, which probably explains why he did it again a week later—I had obviously not been cross enough.

Another new trick is to jump on the bed, bury himself under the pillows and then proceed to throw the pillows on the floor with great ceremony. I suppose that is another TV ad puppy trick as well, Merlin must be watching the ads on the telly. This, again, is done whilst I am at the shop and he is 'amusing' himself. He has never done this before. I have tried to put the covers right over the bed but he just moves them all and crumples them up in a heap in the middle of the bed. They have 'bean bag' beds in the bedroom, he has discovered the fun of nosediving into the beans then dragging the beds around the floor. Lennie used to do this and I had missed it, Merlin has now taken over.

Merlin doesn't seem to approve of Daddy having planted some plants in pots while Merlin was away, he thinks they need to be pulled out and used through the mouth, (rose like) to add to the fun of belting around the garden. Knocking the plant pots over, however, is far more exciting as all the soil comes out, along with all the plants.

He has become play mad. All evening he rolls around the floor with his feet in the air and his toys in his mouth, he mutters with this game so listening to, or watching, the television is out of the question. His new favourite toys are his fluffy 'Chubleez' which is like a soft fluffy bean bag type teddy and his real favourite is his Qtease toy which has three squeaky balls and a rope and keeps him amused for hours. He has a chicken and a duck, well one is his and one Cleo's but he has stolen both. He has become extremely prolific at catching a ball, in fact he has a 99% success rate. He wants to play all the time and will fetch a ball and present it to Chloe in a bid to get her to join

in—she gives him a withering 'I am too busy to play with you' look. He is playing from breakfast till bedtime which he was not doing pre his 'holiday'.

He and Sandy (my geriatric Old English Sheepdog) have started chasing, (yes Sandy running at 14 years 3 months), around either the house or garden. The house is a bit of a difficult run as Sandy does not see as well as Merlin, so he ducks and drives and she, poor girl, will bang into the chairs whilst trying to catch him. Seeing them play has made me laugh as Sandy seems so happy and that is such a bonus at her age. She has been on new painkillers for the last couple of months and she is so much better.

I have often said to people that if I left my gates open my two Old English Sheepdogs would stop put and my two Waterdogs would go—I was proved half right on Saturday. I had forgotten to shut the gates when Julie left on Friday evening, it was pitch black and I just forgot. I learnt a tough lesson. We have a gated section of garden around the house, the dogs are usually kept within this, only allowed further under supervision. However, later in the day, early evening, the first gate was open and I noticed Merlin suddenly take off at breakneck speed down the drive, Cleo followed for a bit but then turned around and came back. By the time I had found some shoes Merlin had left the land. Everything goes through your mind, as these are showdogs they do not wear collars at home as it knots the fur. So, here was Merlin out of the land with no collar on. Amazingly our extremely quite no traffic track in the middle of nowhere produced 2 mopeds, 2 tractors and a beaten up car going too fast in the 4 minutes he was off the land. It seemed a lifetime, but his recall worked, to my amazement, and relief. He appeared, again at breakneck speed—via the middle of the road, from the orange grove next door. I was lucky and I have learnt my lesson. But two positives—Cleo was sensible and knew she should not go. Cleo did come down to the open gates with me and stopped at the gates whilst I scanned the fields—she was amazingly well behaved, brownie points Cleo. Merlin on the other hand was naughty to go, but at 14 months what more would I expect, but so good to come back so fast.

So, Merlin is in the middle of the terrible twos, but not quite so terrible, just amusing and I am on hyper alert for the gates!!! It has been an action packed two weeks with our new over excited Merlin. I am sure he will calm down a bit once he has forgiven us for sending him away!!!!

Protect your pet with knowledge
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Anyone want a puppy ?



Lily is all white, beside her is Merri, her sister and behind is Bluey, a boy with one blue eye and one brown eye. Lily is more independent, Merri is happy go lucky and Bluey is a calm little chap. They are about 2 months old and about to have their 1st vaccination. If you would like to get to know them better, please ring 282 332 621.

Poison Warning

A short warning about the extra care needed with our dogs and cats at the moment.

The last few weeks around my area have been very worrying. The tractors are out daily and all day into the evening, armed with the organophosphates and all orange trees are being sprayed. Unfortunately, if you happen to live next to an orange grove the house and garden will be covered in spray at the same time. My house has been and I have been forced to keep the dogs in and close all the windows.

We have to be vigilant. I spent 4 hours trying to get out for a walk with my three one day last week, I was waiting for the tractors to stop. Once I got out, I then spent an hour in panic about which field I could dare to go in, olive trees only, no orange trees. Then I heard a tractor, more

panic but he was only weeding.

It is worth noting that, as Julie has found with Jess, this danger can continue all year—as the trees are irrigated it brings the organophosphates to the surface. Jess has now survived 4 poisoning issues around the orange trees.

The other danger, sadly again brought to my notice by a friend, is the poison left out during the hunting period. This is disguised in food—it is efficient and the poor animal has little hope.

If this small article helps prevent more heartache it will make it all worthwhile.

Protect your pet with knowledge
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Found on the road in Lagos on Wednesday, 19th September. She was wearing a red collar and was already sterilised. She has blue eyes and is very friendly. Please contact me urgently if she is your cat! Or, if you would like to give her a new home. Michele 919 457 263
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North



PORTO

DAILY

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DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt



UNTIL 28 OCTOBER



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DAILY

Sea Museum – Rei D. Carlos • The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary • Guided tours: 214825081 • Rua Júlio Pereira da Mello in Cascais • Open: from 10h00-19h00; closed on Mondays and Public Holidays • 214825400



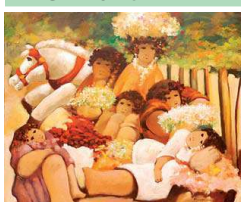
ESTORIL

UNTIL 31 OCTOBER

'O Fado Volta ao Casino' on Sundays at Teatro-Auditério de Casino Estoril • 22h00 • Reservations: 939808097 or 914852585 • Price: €12 and €15 • Praça José Teodoro dos Santos • Email: info.cestoril@estoril-sol.com • www.casino-estoril.pt



UNTIL 5 NOVEMBER



Painting, drawing & sculpture exhibition 'Poética das Formas' by Albino Moura • Art Gallery of Casino Estoril • Info.cestoril@estoril-sol.com • 214667700 • 214825400

LISBOA

DAILY



Tapestries Exhibitions • Galeria Tapeçarias de Portalegre (Portalegre Tapestries Gallery) • The gallery has permanently on display an exhibition of tapestries from several artists, which changes every two months. Most of the works are ready for immediate delivery • Rua da Academia das Ciências, 2J • 213421481 • galeria@mtportalegre.pt • www.mtportalegre.pt



9, 10 NOVEMBER

Caetano Donizetti's Opera L'Elisir D'Amore (The Elixir of Love) • Coliseu do Porto • 21h30 • Tickets: From €10 to €40 • Information and Reservations: 707234234 or call directly the Coliseum on 223394949 • Rua Passos Manuel, 137 • www.coliseudoporto.pt • www.ticketline.pt



GUIMARÃES

3 NOVEMBER



Concert 'Seu Jorge America Brazil' • 22h00 at the Grand Auditorium of Centro Cultural Vila Flor • Prices from €10 to €15 • Av. D. Afonso Henriques, 701 • 253424700 • www.aoficina.pt

DAILY



Oceanário de Lisboa • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanariums • The Oceanário de Lisboa is situated in the Park of Nations • Open from 10h00 to 18h00 • 218917002/06

UNTIL 15 DECEMBER



LISBOA 30 OUT, a 15 DEZ. 2007 • CCB • CULTURIST • TEATRO DA POLITECNICA • 2008 • 22h30 • INMAC • MUSEU DO CHICAGO • MARIA MATOS TEATRO MUNICIPAL • MUSEU COLEÇÃO BEARDO • CINEMATECA PORTUGUESA • **A IMAGEM encontra O PALCO** • www.tempsdimages-portugal.com

SINTRA

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alqueirão Velho, Filares and Meleças • Tel: 219164303 • Fax: 219236150



ALBUFEIRA

DAILY



Municipal Archaeological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 1030 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt

ALCANTARILHA

DAILY

Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

ARMAÇÃO DE PERA

MONTHLY



Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first **Thursday** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

CARVOEIRO

1 DECEMBER

St. Andrew's Ball at Hotel Tivoli Almansor • Dancing will be to the music of "Sound of Islay" • Please contact Cathy on 919635246 for tickets

LAGOA

3 NOVEMBER

'Rosa Negra' Fado Ladiono at the Municipal Auditorium at 21h30 • Tickets: €5 • 282380434

9 NOVEMBER

"Ena! Mas que Real Passeata!", by Teatro Experimental da Mexilhoeira Grande Rosa at the Municipal Auditorium at 21h30 • 282380434

13,14 NOVEMBER

Dance Workshop 'Uma Bailarina na...' by Aldara Bizarro • Municipal Auditorium • 282380434

UNTIL 29 NOVEMBER

Exhibition "Visita Real ao Algarve (1897)" (Royal Visit to the Algarve) • Monday to Friday from 9h00 to 17h30 at the Arquivo Municipal de Lagoa

FARO

10 NOVEMBER

Tango by Argentinian Quintet 'Tango Quattro' • 18h30 • Municipal Theatre • 289888110

South



MOVIES LARGE POSTERS AUCTION

The Auction will take place on 'OS ARTISTAS' (THE ARTISTS), Rua do Montepio nº 10 in Faro, on Saturday, 10th November, at 15h00 (sharp). Auction of a total of 250 large movie posters, produced in Portugal, U.S.A., France, UK, Spain and Norway, with sizes that range between 40x60cm and 120x160cm (gigantic). The AUCTION Base price for the "one-sheets" (68 x 102cm) continues to be only 0.20 euros (20 cents). Information and images at: Cineclube de Tavira - www.cineclube-tavira.com - Rua Guilherme Gomes Fernandes 5, P-8800-669 TAVIRA andreviane@gmail.com - cinetavira@yahoo.com Tel/Fax: +351281 320 594 (office)



BENEF ACTORS & 100 PALAVRAS presents in English presents in Portuguese



Death and the Maiden

a psychological thriller by ARIEL DORFMAN

Directed by JOHN MOUNTFORD

AUDITÓRIO MUNICIPAL DE LAGOA

English Production: 16th November, 2007 at 20:30
18th November, 2007 at 16:00

Portuguese Production: 17th November, 2007 at 21:30

Tickets - €10

Reservations:
English - 91-635 0182
Email: benef.actors.pt@gmail.com
Portuguese - 96-264 7337
Email: 100palavras@gmail.com
Convento São José - 282-380434
Email: convento.sjose@cm-lagoa.webside.pt

Benefit for CASTELO DOS SONHOS

Lagoa Com o apoio da Câmara Municipal de Lagoa

MUSIC
60's Night at the Well Manta Rota on Thursday, 8th November, featuring the music of the Beatles. For more information call 913595868 or e-mail moonlightservices@yahoo.co.uk

Joint exhibition with prisoners of Faro
Acclaimed artist David Haines and renowned photographer João Carronda are to host yet another exhibition featuring their outstanding works, alongside those of the inmates of Faro prison. The inmates have already accomplished a following of their own, having being featured in various galleries across the Algarve. This upcoming exhibition will run from November 1st, through till November 15th, held in the Lagos 'Amazém 2'. For more information, contact David Haines on: 968 290 627

Hang on to your hat, it's THE... Car Boot Sale AT QM Garden Centre
on road from Stª Bárbara to Estói
Saturday, 10th November - 10h00 to 15h00
Cars or Stalls - 5 euros
Free entrance / Free Mini Golf / Free Bowling Bar - Food - Fun
Any enquires to Gerry or Cristyl on 289 999 613



WALKS
Every Friday - East Algarve Walks
For more info: 913 595 868
moonlightservices@yahoo.co.uk

OperaCycles

'The Marriage of Figaro' (being performed on November 10th) is one of the most popular operas of all time. It was the first work to be born of the collaboration between Mozart and Lorenzo da Ponte, and had its première at the Burgtheater in Vienna on 1st May 1788. A wide range of characters from different parts of society, such as noblemen, servants, a teacher, a lawyer, a gardener, an erotic faun and peasants, create a scenario that is both poignant and fantastical. The main characters Figaro and Susana are the servants of Count Almaviva and want to get married. For his part, the Count wants to exercise his "droit de seigneur", a law which allowed a lord to

spend the first night with a servant girl before handing her over to her husband. A blend of strong emotions which deals with a world in change, the mobility of women, the passivity of men and social tensions.

"Rigoletto" (being performed on November 11th) is one of Verdi's most popular operas, based on Victor Hugo's controversial play "Le roi s'amuse" (Paris, 1832). It is a portrait of a libertine, idle aristocracy, which led to the opera being regarded by the authorities at the time as immoral.

The story centres on the character of Rigoletto, a jester, who schemes with the Duke of Mantua, a philanthropist who stops at nothing to get the women he wants.



November 10th / 11th Pedro Ruivo Auditorium from 9.30pm. Call 289 873 115 for more information.

GoodTime in the Museum!

The GoodTime Jazz Band make a welcome return to São Brás on Sunday 4th November at 8pm. "Dixieland jazz at its best," said Ron Lavery who rarely misses a GoodTime concert. All the old favourites - Alexander's Ragtime Band, Everybody Loves My Baby, St Louis Blues, delivered in

style. You couldn't wish for a live evening - stomps, rags, blues, marches, spirituals - all in all - GoodTime Jazz. Enjoy a line up of superb quality musicians: Ian Carfrae, Ed Machado, James Mellor, Ivor Jones, Tony de Sousa and vocalist Karen Love. Bar and food available.

Tickets: €12 / €10 Friends. For more information, e-mail admin@amigos-museu-sbras.org, call 966 329 073 / lua azul 289 845 452 or visit www.amigos-museu-sbras.org.

Café Inglês musical offerings

This week, not only will the renowned 'Hoover the Dog' be performing on Saturday, the café will also have performances from Heike Brockmann & João Maló - two guitars featuring Latin jazz

music on Friday, November 2nd from 8.30pm, and Power Trio on Sunday, November 4th from 3pm, featuring Tunijo Goulart on guitar, Paulão on drums and Adriano Santos on bass.



Entry is free. Reservations are recommended. Call 282 442 585 for more information.

Hoover the Dog in São Brás Museum & Café Inglês, in Silves

Not so much an instruction but an invitation to listen to talented musicians brought all the way from Wales. Welsh Borders trio Hoover the Dog define themselves as "purveyors of intelligent music". Fiddler John Hymas' classical, European and jazz influences dominate the Celtic-ish repertoire with a few English traditional tunes thrown in for good measure. The result is wonderfully original. A mainly instrumental set features the virtuosic combination of Hymas' strings, the athletic accordion of Paul Hutchinson and guitar/bouzouki man Tony Harris' light, fluid fingerings. Exhibiting bags of technical brilliance and the gift of making music clever and funny

at the same time - much cheeky time change and manic modulation - the music ranges from stylish and understated to gutsy and gleeful. John Hymas on violin divides his time between composing, performing and teaching music. He writes for various types of ensembles from contemporary chamber music to big band jazz. After playing in orchestras for many years he now performs with smaller groups and is also a member of roots outfit The Rumbajax. He also works in schools, conducting workshops mainly in composition. Paul Hutchinson is acknowledged as one of the leading exponents of the accordion, possessing a refreshingly original style.

Eduardo Ramos recital

Recital of local musician Eduardo Ramos, dedicated to Poet Luís de Camões on November 7th from 9.30pm at the municipal library of Faro.

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Sérgio Pelágio Trio

Musicians Sérgio Pelágio and Mário Franco met back in the early 80's and formed a musical duo under the management of German company ECM. They stayed with the management for several years,

and their music was influenced with jazz, classical music and even rock. Although the band was successful, the duo decided to take a break. They have now joined forces and are back on stage with the help of young drummer Pedro Segundo.



November 9th from 9.30pm at CAPa - the performing arts centre in Faro. Call 289 828 784.

A powerful, yet sensitive performer, his outstanding musicianship and sense of humour reach audiences in diverse settings from concert halls and churches to arts centres and folk festivals.

He has evolved from a classical background, moving on to playing with The Old Pull and Push, IQ40, Ida Red, and the highly successful Belshazzar's Feast. Paul's music is an eclectic mix of English, Irish and European traditional styles, filtered through the classical musicianship of his background, with influences including rock and jazz. As a leading tutor, Paul is renowned for his relaxed and humorous approach: he uses his own innovative arrangements

based on a diversity of musical influences, and clearly demonstrates the rich potential of his instrument. He has led workshops for Folkworks, Accordions at Witney, at festivals and Arts events in Britain and in the Czech Republic. Tony Harris on bouzouki, guitar and vocals began playing in his native Yorkshire with local musicians and eventually with members of Kitsyke Will. After moving to Shropshire he played in various groups including the Flying Fish band and Kempion, with whom he toured Europe extensively. During 1997 Tony was invited to the States to record with piper Greg Morrow and has recently worked alongside Paul in the Breezeband.

Hoover the Dog can be heard at São Brás Museum on Friday 2 November at 8.30 pm and on Saturday 3 November at Café Inglês in Silves. Tickets/information: €12 / €10 Friends. For more information: admin@amigos-museu-sbras.org 966 329 073/lua azul 289 845 452/museum 289 840 100. Visit www.amigos-museu-sbras.org.

COMPETITION

Multimedia competition

After last year's great success with the Black Bra competition, ALFA - the Association of Literature and Film Friends in the Algarve - presents for the third year running, a multimedia competition with the theme of 'Blue Garden'. The work can be submitted in painting, photo, sculpture, song or any other medium. However, it must be your work. Its title must not only be 'blue garden' as the entries need to be distinguishable. The entries will be exhibited in an interactive exhibition in the Convent S. José thus every visitor for his / her favourite item. The entry with most votes wins: The ALFI - which is ALFA's mascot, a reading rat, designed in Raku ceramic technique by German artist Christa Qidmann. In the other competition you can win an Oscar or a globe - here it is an ALFI. The best entries will be published in a calendar.

ALFA, Apartado 376, 8504-913 Portimão, Portugal or deliver the originals to the Convent S. José by agreement with Barbara Fellgiebel. Call 917 602 607. E-mail fellgiebel@mail.telepac.pt, visit www.alfaliteratursalon.com.

guishable. The entries will be exhibited in an interactive exhibition in the Convent S. José thus every visitor for his / her favourite item. The entry with most votes wins: The ALFI - which is ALFA's mascot, a reading rat, designed in Raku ceramic technique by German artist Christa Qidmann. In the other competition you can win an Oscar or a globe - here it is an ALFI. The best entries will be published in a calendar.

RBC quiz Night

An Autumn quiz night will be held on Friday 9th November at the Hotel Baía, Cascais, starting at 7pm. There will be 10 rounds of 10 questions. There will be a break for dinner after the first five rounds with the last five rounds after dinner.

Teams are made up of four people but if you cannot find a team please let us know and we will put one together on the night. Prizes are given to the teams that come out first, second and third.

Dinner will consist of sausages and mashed potatoes,

steak and kidney pie, baked beans, roast tomatoes, dessert, wines and coffee. The price is €20 per person.

Charlie Cummins, our Quiz Master, will be setting some challenging questions for our teams from subjects of sport, general knowledge, science etc.

Please call 214 822 495, fax 214 822 496 or email rbclx@mail.telepac.pt for bookings for the Quiz with names of participants and name of team and for the dinner by Monday, 5th November.

Advertise your company on the radio!

Algarve

Rádio Restauração 102.3 Olhão
Rádio Atlântico Sul 104 Lagos

Alentejo

Rádio Guadalupe 88.5 Serpa
Rádio Praia 89.3 Odemira

Rádio Ourique 94.2 Ourique
Rádio Mértola 95.2 Mértola

Departamento Comercial

937 140 004

Grupo Rádio Algarve Stars, Lda.

Rua Frei Joaquim de Loulé, 25

8100-579 Loulé

Tel.: 289 414 000 • Fax: 289 412 400



Car boot sale

at
QM Garden Centre

Stª Barbara road towards Estoí

Saturday November 10th

10am to 3pm

Cars or stalls €5

Free entrance, free mini golf, free bowling

Bar - Food - Fun

Call Gerry or Cristal on 289 999 613

St. Andrew's Ball

The St. Andrew's Ball will take place on Saturday 1st December, at the Hotel Tivoli Almansor. Dancing will be to the music of "Sound of Islay". Please contact Cathy on 919635246 for tickets.

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

LIVE CONCERTS

WALKS

DANCE

Interpol + Blonde Redhead

Interpol are an American rock band, formed in 1998 in New York City. The members of the band are Paul Banks (vocals, guitar), Daniel Kessler (guitar, back vocals), Carlos Dengler (bass, keyboards - commonly referred to as Carlos D.) and Sam Fogarino (drums). The band's debut album *Turn on the Bright Lights* was critically acclaimed, making it into the NME top ten albums of the year for 2002. The follow-up, *Antics*, was both a commercial

and critical success. The group recently released its third album, *Our Love to Admire*.

Interpol is one of many bands associated with the New York indie music scene, being one of several groups that emerged out of the post-punk revival of the 2000s. The band's sound is generally a mix of bass throb and choppy, sparse guitar, drawing comparisons to post-punk bands Joy Division, The Chameleons and Kitchens of Distinction.

November 7th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

Let's Walk from Tenoca

A moderately easy 2 hour walk on Saturday November 3rd & Monday November 5th - through the Barrocal passing fields practising traditional farming and on the way seeing how charcoal is made in the old fashioned way. **Terrain:** very good tracks and quiet roads. **Footwear:** trainers or comfortable outdoor shoes. Equipment: a bottle of water and a sense of humour. Cost 5 euro p.p. which includes a donation to charity.

10.30 start meet at the cafe/bar

in Tenoca. From the A22 exit at Boliqueime/ Loulé and follow signs to Loulé, once you have crossed over the motorway turn left signed Campina & Tenoca and follow the road to Alfentes, once in Alfentes, turn left towards Boliqueime and continue for another 300m, the café is on the right (with a sign to the right to Perreira).

Walk leaders: Saturday: Silvia Smeman 289 478 845 or 963 737 170, Monday: Julie Statham 282 697298 or 965 753 033

FAIRS & FESTIVITIES

Faro November festivities

This month there are going to be several events held at the Faro municipal market, featuring: November 3rd - Djambaabonda

African dances and percussion. November 10th - Quartet 'Feijão com Massa', traditional Portuguese music. November 17th -

Theatre 'A Taberna do Ti Cabrita' and Folklore group 'Amigos do Montenegro'. And last but not least November 24th, traditional Portuguese music

with quartet 'Entre Luas'. **Faro Municipal Market, November 3rd - 24th. Call 289 870 870 for more information.**

EXHIBITIONS

Amália

At the Convent de S. José there will be an exhibition about the life and work of Amália, including the vast legacy of this unique figure in Portuguese culture, who made her mark on all continents

with her simplicity and popular wisdom. Seeing Amália as a symbol and example of the capabilities of the Portuguese would be the best lesson that could be learnt from this exhibition.

Until November 6th at S. José Convent.

XXV Bird exhibition

Don't miss your opportunity to see several bird species, including rare birds, at the Faro municipal market.

Until November 4th at Faro municipal market from 9am to 7pm.

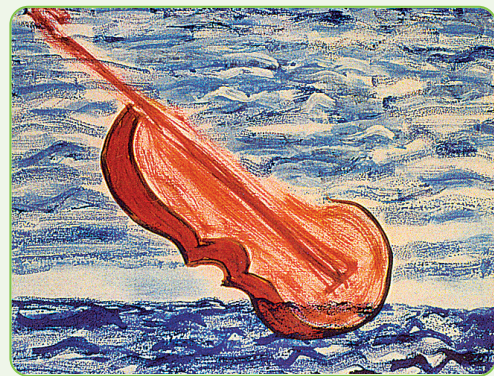


Sea and Music Exhibition in Cascais

Painter Laura Cesana (www.lauracesana.com) will exhibit paintings at the Centro Cultural de Cascais with the title 'Sea and Music'. Opening on Friday Nov 9 at 21.30pm. The exhibition, will last till Jan 13th. There will be a guided tour by Prof Fernando António Baptista Pereira on Sunday Nov 25 and two meetings with the artist (one of them in English). Laura Cesana was born in Rome, Italy, spent her childhood in NYC

and lives and works in Portugal. She has taken part in group shows since 1971 having had over 60 one woman shows in Portugal and almost 20 one-woman exhibitions in other countries. Represented in museums in Portugal and in three museums abroad. She is the author of the bilingual book *Jewish Vestiges in Portugal - travels of a painter*, now in its second edition. www.lauracesana.com

Entrance is free, open 10am to 6pm from Tues to Sunday - A 60' video on other phases of Laura Cesana's work will be on all the time.



COMING SOON

BOX OFFICE

COMING SOON

NOVEMBER

Da Weasel - November 10th at Lisbon Pavilhão Atlântico. Tickets: €15 - €25.

Editors - November 16th at Lisbon Pavilhão do Restelo from 9pm. Tickets: €30.

David Creavy - November 16th at Carveiro Tennis Clube from 8pm. Tickets and reservations, call Jim on 292 431 595.

NOFX, The Loved Ones, Easyway,

Humble - November 18th at Carcavelos Pavilhão Desportivo da Quinta dos Lombos from 6pm. Tickets: €25.

Marilyn Manson + Turbonegro - November 19th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €30.

Jorge Palma - November 20th at Lisbon Coliseu. Tickets: €17.50 - €35.

DECEMBER

Scorpions - December 4th at Lisbon Pavilhão Atlântico from 9.30pm. Tick-

ets: €29 - €42.

Xutos e Pontapés - December 8th at Lisbon bullring in Campo Pequeno from 11pm. Tickets: €5.

Carmen - December 15th at Pavilhão Atlântico in Lisbon from 9.30pm. Tickets: €22.50 - €100.

JANUARY

Strauss Orchestra Festival - January 4th, 5th at Lisbon Coliseu from 9.30pm. Tickets: €10 - €45.

FEBRUARY 2008

LIVE CONCERTS

Korn - February 27th from 8pm at Pavilhão Atlântico. Tickets: €25 - €35.

MARCH 2008

The Cure - March 8th from 8pm at Pavilhão Atlântico. Tickets: €28 - €40.

APRIL 2008

Nightwish - April 18th in Oporto Coliseu. April 19th at Lisbon Coliseu. Further info TBA.

LIVE SHOWS

FEBRUARY 2008

Tap Dogs - Tap Dogs are currently taking the world by storm with their unprecedented tap show that combines the strength and power of male workmen with the precision and talent of tap dancing. February 12th until 17th at Lisbon Casino Ocean Auditorium in Lisbon. Tickets: €30 to €35.

NOVEMBER

Bugs Bunny on Ice - 'Around the World in 80 Minutes Show' is a show based on the bestseller by Jules Verne. See all of your favourite Looney Tunes characters such as Bugs, Daffy Duck, Tweety, Sylvester, Speedy Gonzales, Granny and the Tasmanian Devil on ice. November 1st - 11th at Lisbon's Campo Pequeno. Tickets: €15 - €40.

Barbie at the Symphony - This

series of 6 CGI animated films features Barbie™ singing and dancing to some of the world's best loved musical scores, and includes ballet sequences choreographed by Peter Martins of the New York City Ballet. November 17th and 18th at Lisbon Coliseu dos Recreios from 11am to 3pm. Tickets: €20 - €35. November 25th at Oporto Coliseu in Oporto from 11am to 3pm. Tickets: €18 - €35.

Sleeping Beauty Ballet - This show

has been described as representing a 'Ballet Symphony'. November 22nd - 24th at Lisbon Coliseu dos Recreios. November 27th Oporto Coliseu. Tickets: €12.50 - €37.50.

DECEMBER

Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am, 3.30pm and 7.30pm on December 8th. Minimum age of 3.

Photography & Art exhibition



by: João Paulo Carrondo and W.D.J. Haines

November 1st to 15th
Armazém Regimental
de Lagos



The Artist's Workshop

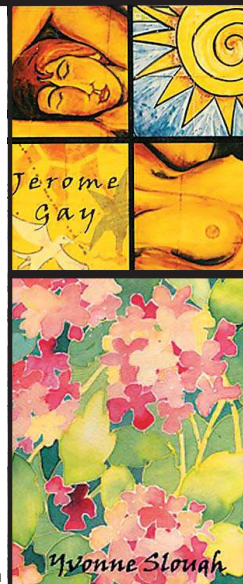
Come & Enjoy a day of Creativity!

Tile Paintings
Paint your own design on a tile or bowl!
Every Thursday
10.30am - 4.30pm

Silk Painting
Work & watch the exciting effects of paint on silk.
Every Tuesday
10.30am - 4.30pm

For more information:
Tel: 282 911 519
965 049 722

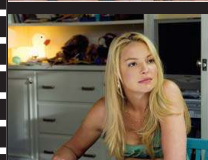
yvonneshlough@hotmail.com



TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)



Resident Evil: Extinction

**ALGARVE**

**SBC
FORUM ALGARVE**
TEL: 289 887 212
1 NOV-7 NOV

1 The Brave One
Jodie Foster, Terrence Howard
15.50-18.30-21.10 (23.50 Fri & Sat)
Julgamento
Alexandra Lencastre, Fernanda Serrano
(10.50 Sat & Sun) 13.20

2 Rush Hour 3
Jackie Chan, Chris Tucker
22.00 (00.10 Fri & Sat)
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
(12.40 Sat & Sun) 15.00-17.20-19.40

3 Resident Evil: Extinction
Milla Jovovich, Oded Fehr
14.55-17.10-19.25-21.50 (00.25 Fri & Sat)
Ratatouille - Animation PV
(12.25 Sat & Sun)

4 Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
13.15-15.50-18.25-21.00 (23.35 Fri & Sat)

5 Corrupção
Nicola Breyner, Rita Blanco
(12.30 Sat & Sun) 14.45-17.00-19.15-21.30 (00.30 Fri & Sat)

6 The Invasion
Nicole Kidman, Daniel Craig
(12.20 Sat & Sun) 14.40-17.00-19.20-21.40 (00.00 Fri & Sat)

7 Knocked Up
Seth Rogen, Katherine Heigl
15.10-18.20-21.20 (00.20 Fri & Sat)
Shark Bait
Animation PV
(11.10 Sat & Sun) 13.10

8 Domino
Keira Knightley, Mickey Rourke
15.40-18.25-21.15 (00.05 Fri & Sat)
Becoming Jane
Anne Hathaway, James McAvoy
13.00

9 The Kingdom
Jamie Foxx, Jennifer Garner
21.45 (00.15 Fri & Sat)
Bratz
Logan Browning, Janel Parrish
(11.50 Sat & Sun) 14.15-16.45-19.15

**CASTELLO LOPES CINEMAS
PORTIMÃO**
TEL: 707 220 220
1 NOV-7 NOV

1 Corrupção
Nicola Breyner, Rita Blanco
13.30-15.30-17.35-19.40-21.40-23.50

2 Resident Evil: Extinction
Milla Jovovich, Oded Fehr
13.50-16.10-18.25-21.20-23.40

3 The Kingdom
Jamie Foxx, Jennifer Garner
13.40

Knocked Up
Seth Rogen, Katherine Heigl
16.00-18.35-21.10-23.45

4 Ratatouille
Animation PV
14.00-16.20

The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
18.45-21.50-00.10

5 Rush Hour 3
Jackie Chan, Chris Tucker
14.20-16.40-19.05-22.00-00.20

6 Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
14.10-16.30-18.55-21.30-00.00

**OV = Original
Version
PV = Portuguese
Version**

**CASTELLO LOPES CINEMAS
ALGARVESHOPPING**
TEL: 707 220 220
1 NOV-7 NOV

1 Corrupção
Nicola Breyner, Rita Blanco
13.00-15.10-17.20-19.30-21.40-00.05

2 Corrupção
Nicola Breyner, Rita Blanco
13.00-15.10-17.20-19.30-21.40-00.05

3 Ratatouille
Animation PV
13.25-16.00
The Brave One
Jodie Foster, Terrence Howard
18.40-21.15-23.50

4 The Kingdom
Jamie Foxx, Jennifer Garner
13.15
Knocked Up
Seth Rogen, Katherine Heigl
15.50-18.30-21.10-23.55

5 A Outra Margem
Filipe Duarte, Maria D'Aires
14.00-16.30
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
18.35-21.00-23.30

6 Resident Evil: Extinction
Milla Jovovich, Oded Fehr
13.50-16.20-18.45-21.20-23.40

7 The Invasion
Nicole Kidman, Daniel Craig
13.40-16.40-19.00-21.30-00.10

8 Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
13.30-16.10-18.50-21.25-00.00

9 Rush Hour 3
Jackie Chan, Chris Tucker
13.20-16.50-19.05-21.50-00.20

**LUSOMUNDO
VILAMOURA**
TEL: 289 302 277
1 NOV-7 NOV

Corrupção
Nicola Breyner, Rita Blanco
15.30-18.30-21.30

**CENTRE
LUSOMUNDO
ALMADA FORUM**
TEL: 707 246362
1 NOV-7 NOV

The Invasion
Nicole Kidman, Daniel Craig
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Domino
Keira Knightley, Mickey Rourke

Corrupção
Nicola Breyner, Rita Blanco
Meet the Robinsons
Animation PV 3D

Resident Evil: Extinction
Milla Jovovich, Oded Fehr
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

Rush Hour 3
Jackie Chan, Chris Tucker
Knocked Up
Seth Rogen, Katherine Heigl

The Brave One
Jodie Foster, Terrence Howard
Ratatouille
Animation PV

Rescue Dawn
Christian Bale, Steve Zahn
Stardust
Charlie Cox, Peter O'Toole

Bratz
Logan Browning, Janel Parrish
A Outra Margem
Filipe Duarte, Maria D'Aires

Evening
Meryl Streep, Glen Close
Fados - Documentary
The Kingdom
Jamie Foxx, Jennifer Garner

**MILLENNIUM
ALVALÁXIA**
TEL: 21 754 9000
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The Invasion
Nicole Kidman, Daniel Craig

**LUSOMUNDO
CASCAISHOPPING**
TEL: 707 246362
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Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Sicko
Documentary
Corrupção
Nicola Breyner, Rita Blanco

Shark Bait
Animation PV
Knocked Up
Seth Rogen, Katherine Heigl
The Brave One
Jodie Foster, Terrence Howard
A Outra Margem
Filipe Duarte, Maria D'Aires
Rescue Dawn
Christian Bale, Steve Zahn
Domino
Keira Knightley, Mickey Rourke
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Rush Hour 3
Jackie Chan, Chris Tucker

Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Corrupção
Nicola Breyner, Rita Blanco
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Knocked Up
Seth Rogen, Katherine Heigl
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Domino
Keira Knightley, Mickey Rourke
The Brave One
Jodie Foster, Terrence Howard
Shark Bait
Animation PV
Rescue Dawn
Christian Bale, Steve Zahn
Bratz
Logan Browning, Janel Parrish
Evening
Meryl Streep, Glen Close
Je Crois que Je L'Aime
Vincent Lindon, Sandrine Bonnaire
Zidane, Un Portrait du 21e Siècle
Documentary

**LUSOMUNDO
AMOREIRAS**
TEL: 707 246362
1 NOV-7 NOV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Sicko
Documentary
Corrupção
Nicola Breyner, Rita Blanco

Shark Bait
Animation PV
Knocked Up
Seth Rogen, Katherine Heigl

The Brave One
Jodie Foster, Terrence Howard
A Outra Margem
Filipe Duarte, Maria D'Aires

Rescue Dawn
Christian Bale, Steve Zahn

**LUSOMUNDO
CASCAISHOPPING**
TEL: 707 246362
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Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicola Breyner, Rita Blanco

Meet the Robinsons
Animation PV 3D
Ratatouille
Animation PV

Rush Hour 3
Jackie Chan, Chris Tucker
Bratz
Logan Browning, Janel Parrish

The Brave One
Jodie Foster, Terrence Howard
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

Knocked Up
Seth Rogen, Katherine Heigl
The Kingdom
Jamie Foxx, Jennifer Garner

**LUSOMUNDO
COLOMBO**
TEL: 707 246362
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The Invasion
Nicole Kidman, Daniel Craig
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Domino
Keira Knightley, Mickey Rourke
Corrupção
Nicola Breyner, Rita Blanco

The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Stardust
Charlie Cox, Peter O'Toole

The Brave One
Jodie Foster, Terrence Howard
Knocked Up
Seth Rogen, Katherine Heigl

Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Ratatouille
Animation PV

The Kingdom
Jamie Foxx, Jennifer Garner
Land of the Blind
Ralph Fiennes, Donald Sutherland

Bratz
Logan Browning, Janel Parrish
Rush Hour 3
Jackie Chan, Chris Tucker

**LUSOMUNDO
FORUM MONTIJO**
TEL: 707 246362
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The Invasion
Nicole Kidman, Daniel Craig
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Corrupção
Nicola Breyner, Rita Blanco

**LUSOMUNDO
ODIVELAS PARQUE**
TEL: 707 246362
1 NOV-7 NOV

The Invasion
Nicole Kidman, Daniel Craig
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicola Breyner, Rita Blanco

**LUSOMUNDO
DOLCE VITA MIRAFLORES**
TEL: 707 246362
1 NOV-7 NOV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicola Breyner, Rita Blanco

Rush Hour 3
Jackie Chan, Chris Tucker
Becoming Jane
Anne Hathaway, James McAvoy

Shark Bait
Animation PV
The Kingdom
Jamie Foxx, Jennifer Garner

**UCI CINEMAS
EL CORTE INGLÉS**
TEL: 707 23 22 21
1 NOV-7 NOV

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
No Reservations
Catherine Zeta-Jones, Aaron Eckhart

Rush Hour 3
Jackie Chan, Chris Tucker
Le Scaphandre et le Papillon
Mathieu Amalric, Emmanuelle Seigner

Knocked Up
Seth Rogen, Katherine Heigl
Rescue Dawn
Christian Bale, Steve Zahn

Domino
Keira Knightley, Mickey Rourke
The Invasion
Nicole Kidman, Daniel Craig

Becoming Jane
Anne Hathaway, James McAvoy
Fados
Documentary

The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Corrupção
Nicola Breyner, Rita Blanco

Shark Bait
Animation PV (Sat & Sun)
The Kingdom
Jamie Foxx, Jennifer Garner

Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

The Brave One
Jodie Foster, Terrence Howard
Evening
Meryl Streep, Glen Close

**UCI CINEMAS
FREEPORT**
TEL: 707 23 22 21
1 NOV-7 NOV

Corrupção
Nicola Breyner, Rita Blanco
The Invasion
Nicole Kidman, Daniel Craig

Resident Evil: Extinction
Milla Jovovich, Oded Fehr
The Brave One
Jodie Foster, Terrence Howard

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Ratatouille
Animation OV

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston

Everyone's Hero
Animation
The Bourne Ultimatum
Matt Damon, Julia Stiles

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner

Knocked Up
Seth Rogen, Katherine Heigl

**LUSOMUNDO
FORUM MONTIJO**
TEL: 707 246362
1 NOV-7 NOV

The Invasion
Nicole Kidman, Daniel Craig
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Corrupção
Nicola Breyner, Rita Blanco

Knocked Up
Seth Rogen, Katherine Heigl

**OV = Original
Version
PV = Portuguese
Version**

Knocked Up
Seth Rogen, Katherine Heigl
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

A Outra Margem
Filipe Duarte, Maria D'Aires
The Brave One
Jodie Foster, Terrence Howard

Rush Hour 3
Jackie Chan, Chris Tucker
Bratz
Logan Browning, Janel Parrish

**OV = Original
Version
PV = Portuguese
Version**

Knocked Up
Seth Rogen, Katherine Heigl
Meet the Robinsons
Animation PV 3D
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

**LUSOMUNDO
ODIVELAS PARQUE**
TEL: 707 246362
1 NOV-7 NOV

The Invasion
Nicole Kidman, Daniel Craig
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Corrupção
Nicola Breyner, Rita Blanco
Knocked Up
Seth Rogen, Katherine Heigl

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Ratatouille
Animation PV

**LUSOMUNDO
OERAS PARQUE**
TEL: 707 246362
1 NOV-7 NOV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
The Invasion
Nicole Kidman, Daniel Craig

Corrupção
Nicola Breyner, Rita Blanco
Knocked Up
Seth Rogen, Katherine Heigl

The Brave One
Jodie Foster, Terrence Howard
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Shark Bait
Animation PV

The Kingdom
Jamie Foxx, Jennifer Garner

**LUSOMUNDO
VASCO DAGAMA**
TEL: 707 246362
1 NOV-7 NOV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicola Breyner, Rita Blanco

Meet the Robinsons
Animation PV 3D
Evening
Meryl Streep, Glen Close

Rescue Dawn
Christian Bale, Steve Zahn
Land of the Blind
Ralph Fiennes, Donald Sutherland

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Knocked Up
Seth Rogen, Katherine Heigl

A Outra Margem
Filipe Duarte, Maria D'Aires
The Brave One
Jodie Foster, Terrence Howard

Rush Hour 3
Jackie Chan, Chris Tucker
Bratz
Logan Browning, Janel Parrish

**OV = Original
Version
PV = Portuguese
Version**

Knocked Up
Seth Rogen, Katherine Heigl
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

A Outra Margem
Filipe Duarte, Maria D'Aires
The Brave One
Jodie Foster, Terrence Howard

Rush Hour 3
Jackie Chan, Chris Tucker
Bratz
Logan Browning, Janel Parrish

**OV = Original
Version
PV = Portuguese
Version**

Knocked Up
Seth Rogen, Katherine Heigl
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

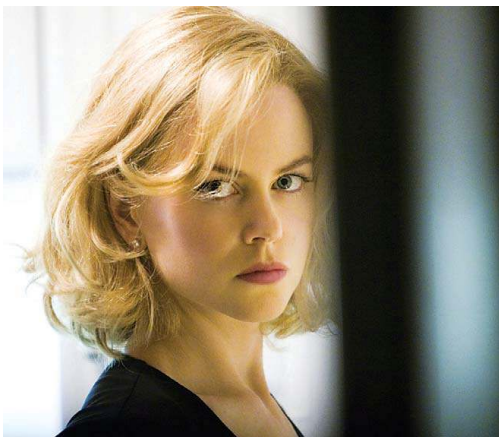
A Outra Margem
Filipe Duarte, Maria D'Aires
The Brave One
Jodie Foster, Terrence Howard

Rush Hour 3
Jackie Chan, Chris Tucker
Bratz
Logan Browning, Janel Parrish

**OV = Original
Version
PV = Portuguese
Version**

Knocked Up
Seth Rogen, Katherine Heigl
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

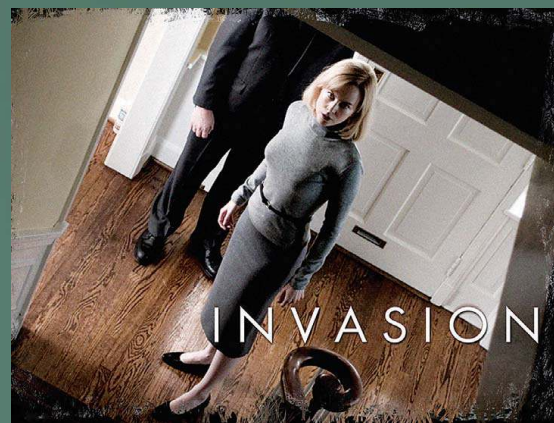
A Outra Margem
Filipe Duarte, Maria D'Aires
The Brave One
Jodie Foster, Terrence Howard



The Invasion is a nightmarish journey into a world where the only way to stay alive is to stay awake. The mysterious crash of the space shuttle leads to the terrifying discovery that there is something alien within the wreckage. Those who come in contact with it are changing in ominous and inexplicable ways.

Soon Washington D.C. psychiatrist Carol Bennell (Nicole Kidman) and her colleague Ben Driscoll (Daniel Craig) learn the shocking truth about the growing extraterrestrial epidemic: it attacks its victims while they sleep, leaving them physically unchanged but strangely

The Invasion tells the story of a mysterious epidemic that alters the behaviour of human beings. When a Washington D.C. psychiatrist (Nicole Kidman) discovers the epidemic's origins are extraterrestrial, she must fight to protect her son, who may hold the key to stopping an imminent invasion.



unfeeling and inhuman. As the infection spreads, more and more people are altered and it becomes impossible to know who can be trusted.

Now Carol's only hope is to stay awake long enough to find her young son, who may hold the key to stopping the devastating invasion.



The Golden Age finds Queen Elizabeth I (Oscar-winner Cate Blanchett) facing bloodlust for

her throne and familial betrayal. Growing keenly aware of the changing religious and political

Reprising the roles they originated in seven-time Academy Award-nominated *Elizabeth*, Cate Blanchett and Geoffrey Rush return for a gripping historical thriller laced with treachery and romance, *The Golden Age*. Joining them in the epic is Clive Owen as Sir Walter Raleigh, a dashing seafarer and newfound temptation for Elizabeth.

tides of late 16th century Europe, Elizabeth finds her rule openly challenged by the Spanish King Philip II (Jordi Molla), with his powerful army and sea-dominating armada, determined to restore England to Catholicism.

Preparing to go to war to defend her empire, Elizabeth struggles to balance ancient royal duties with an unexpected vulnerability in her love for Raleigh. But he remains forbidden for a queen who has sworn body and soul to her country. Unable and unwilling to pursue her love, Elizabeth encourages her favourite lady-

in-waiting, Bess (Abbie Cornish), to befriend Raleigh to keep him near. But this strategy forces Elizabeth to observe their growing intimacy.

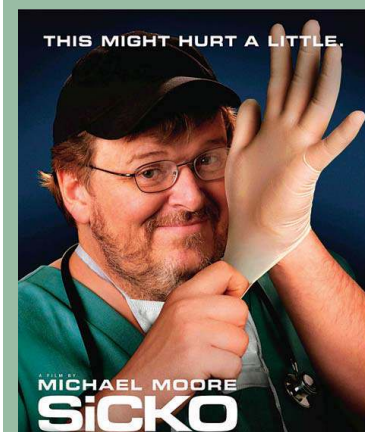
As she charts her course abroad, her trusted advisor, Sir Francis Walsingham (Academy Award winner Geoffrey Rush), continues his masterful puppetry of Elizabeth's court at home, and her campaign to solidify absolute power. Through an intricate spy network, Walsingham uncovers an assassination plot that could topple the throne. But as he unmasks traitors that may include



Elizabeth's own cousin Mary Stuart (Samantha Morton), he unknowingly sets England up for destruction.

The Golden Age tells the

thrilling tale of an era...the story of one woman's crusade to control love, crush enemies and secure her position as a beloved icon of the western world.



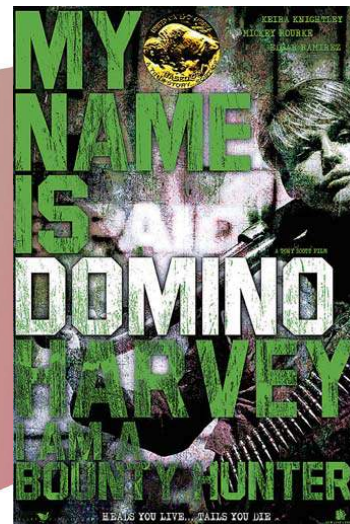
America's most incendiary filmmaker, Michael Moore, returns in 2007 with this health-care-industry exposé. *Sicko* tackles material as controversial as the topics explored in Moore's other films, yet does so in a way that places the focus on ordinary Americans affected by the nation's health-care crisis. After providing some historical background on how the nation's medical care system became so ravaged and unfair,

Moore interviews a series of individuals and families who have had their lives all but destroyed by the denial of care in the service of profit. While there are two sides to the gun-control debate and even a legitimate discourse for how to best wage the war on terror, it's simply impossible to justify how a baby girl can wind up dead because her mother's health insurance wasn't accepted at a nearby hospital. Moore smartly allows this and other stories to be told with little or no interference, conjuring strong feelings of empathy, rage, and deep sadness.

Of course, *Sicko* isn't just any documentary, it's a Michael Moore movie, and his fingerprints are all over it. Moore visits countries that have universal health care, spectacularly so when he takes several World Trade Center workers to Guantanamo Bay (and then to Cuba) to receive health care that they were denied in the United States, and presents a compelling argument for adopting a similar system in the States. Moore's ultimate purpose here is to compel human beings to care for one another, and it's a simple request that shockingly must be made via a major motion picture, making *Sicko* essential viewing.

Keira Knightley stars in the wild action thriller *Domino*, the latest project from director Tony Scott (*Man on Fire*, *Beverly Hills Cop II*, *True Romance*). A trademark Scott film, *Domino* presents an entertaining mix of gritty action, biting comedy and sharp visuals.

The film is inspired by the life of Domino Harvey, daughter of legendary actor Laurence Harvey and a former



model who rejected her privileged Beverly Hills life to become a bounty hunter.

Domino also features a diverse supporting cast including Lucy Liu, Christopher Walken, Mena Suvari, Mickey Rourke, Jacqueline Bisset and Delroy Lindo.

CELEB NEWS

"Playing Elizabeth I made me think of Diana" says **Cate Blanchett** of the sequel to her breakout role as the legendary English queen in *Elizabeth: The Golden Age*. With her regal stature and ethereal beauty, Cate Blanchett was born to play a queen. Cate, who was also crowned Elf Queen Galadriel in the *Lord Of The Rings* trilogy, has a great admiration for the first British Queen Elizabeth. "When making the film we thought a lot about Diana, Princess of Wales. One of the things that is written about Elizabeth is that she often went out with very little guard and walked around and shook people's hands. So she was able to somehow be untouchable and remote, and also incredibly accessible. We were reminded of Diana in terms capturing the public's imaginations and that public feeling that they could connect." Cate, a mother-of-two, who has been married to Australian playwright and screenwriter Andrew Upton for almost 10 years, said playing the role made her grateful for her own family life and relationships. But Cate, who is also starring in the fourth instalment of the Indiana Jones franchise - *Indiana Jones And The Kingdom Of The Crystal Skull* - as well as playing a younger version of music icon Bob Dylan in *I'm Not There*, isn't sure about completing the Elizabeth trilogy. "Who knows? We'll have to see how this one does, I think," she says. (excerpt from Feature File by Shereen Low) «»»» Actress **Michelle Yeoh** is ecstatic after she was awarded the French Legion of Honour in her native Malaysia. The *Crouching Tiger, Hidden Dragon* star was presented with the knighthood, France's highest civilian honour, by Alain de Boispéan, the French ambassador to Malaysia, in the country's capital of Kuala Lumpur. And 45-year-old Yeoh is stunned by the accolade. She says, "Deep down I am a small town girl... who has been living a magical dream". «»»» **Leonardo DiCaprio** has struck a deal with the owners of The Four Seasons Resorts chain to create a 'green hotel' in Belize. The new environmental Caribbean getaway will be built on land the *Blood Diamond* star owns on the island. New York gossip columnist Liz Smith reports ground-breaking on the new hotel will begin in 2008. «»»» *Star Trek* and *Heroes* star **George Takei** has been honoured with his very own asteroid. A huge rock floating around between Mars and Jupiter has been renamed 7307 Takei. Takei, who played Hikaru Sulu in the original *Star Trek* television series, says, "I am now a heavenly body. It (the honour) came out of the clear, blue sky, just like an asteroid." The asteroid, which was discovered by two Japanese astronomers in 1994, was formerly known as 1994 GT9. The renaming has been approved by officials at the International Astronomical Union's Committee On Small Body Nomenclature. «»»» **Jennifer Garner** is fulfilling a lifelong ambition by taking to the Broadway stage. *Alias* actress Garner will star alongside **Kevin Kline** in a revival of *Cyrano De Bergerac*, which opens in New York on November 1. She says, "Theatre's always been my absolute dream of all dreams, and all this other stuff that I've done has been accidental. I only ended up auditioning for television and movies because I was understudying a Turgenev play on Broadway. I was so broke that, when I got a mini-series, I had to take it, and was so ashamed because I was such a snob. I couldn't pass this up. Working with **Kevin Kline**, being in New York in the fall. I get so excited". «»»»

NORTH

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ARRABIDA SHOPPING
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Resident Evil: Extinction
Milla Jovovich, Oded Fehr
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Evening
Meryl Streep, Glen Close
Stardust
Charlie Cox, Peter O'Toole
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
The Bourne Ultimatum
Matt Damon, Julia Stiles
A Outra Margem
Filipe Duarte, Maria D'Aires
Shark Bait
Animation PV
1408
John Cusack, Samuel L. Jackson
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Knocked Up
Seth Rogen, Katherine Heigl
The Brave One
Jodie Foster, Terrence Howard
Rush Hour 3
Jackie Chan, Chris Tucker
Domino
Keira Knightley, Mickey Rourke
The Kingdom
Jamie Foxx, Jennifer Garner
Corrupção
Nicolau Breyner, Rita Blanco
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Bratz
Logan Browning, Janel Parrish
Ratatouille
Animation PV
Le Scaphandre et le Papillon
Mathieu Amalric e Emmanuelle Seigner
Next
Nicolas Cage, Julianne Moore
A Mighty Heart
Angelina Jolie, Dan Futterman
The Invasion
Nicole Kidman, Daniel Craig

LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
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Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicolau Breyner, Rita Blanco
Domino
Keira Knightley, Mickey Rourke
Le Scaphandre et le Papillon
Mathieu Amalric e Emmanuelle Seigner
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Stardust
Charlie Cox, Peter O'Toole
The Brave One
Jodie Foster, Terrence Howard
Rescue Dawn
Christian Bale, Steve Zahn
The Kingdom
Jamie Foxx, Jennifer Garner
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Shark Bait
Animation PV
A Outra Margem
Filipe Duarte, Maria D'Aires

LUSOMUNDO
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TEL: 707 246362
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Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicolau Breyner, Rita Blanco
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

The Invisible
Justin Chatwin, Margarita Levieva
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Rush Hour 3
Jackie Chan, Chris Tucker
Knocked Up
Seth Rogen, Katherine Heigl
Shark Bait
Animation

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
1 NOV-7 NOV

The Invasion
Nicole Kidman, Daniel Craig
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Meet the Robinsons
Animation PV 3D
Knocked Up
Seth Rogen, Katherine Heigl
Evening
Meryl Streep, Glen Close
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Brave One
Jodie Foster, Terrence Howard
Rush Hour 3
Jackie Chan, Chris Tucker
Rescue Dawn
Christian Bale, Steve Zahn

LUSOMUNDO
FERRARA PLAZA
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Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicolau Breyner, Rita Blanco
Meet the Robinsons
Animation 3D
Ils / Them
Olivia Bonamy, Michaël Cohen
The Brave One
Jodie Foster, Terrence Howard
Shark Bait
Animation
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
1 NOV-7 NOV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicolau Breyner, Rita Blanco
Becoming Jane
Anne Hathaway, James McAvoy
A Outra Margem
Filipe Duarte, Maria D'Aires
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Kingdom
Jamie Foxx, Jennifer Garner
Shark Bait
Animation PV
Les Chansons d'Amour
Louis Garrel, Ludivine Sagnier
Stardust
Charlie Cox, Peter O'Toole
The Brave One
Jodie Foster, Terrence Howard

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
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The Invasion
Nicole Kidman, Daniel Craig
Corrupção
Nicolau Breyner, Rita Blanco
Bratz
Logan Browning, Janel Parrish
The Bourne Ultimatum
Matt Damon, Julia Stiles

OV = Original
Version
PV = Portuguese
Version



Meet the Robinsons
Animation PV 3D
Rush Hour 3
Jackie Chan, Chris Tucker
Knocked Up
Seth Rogen, Katherine Heigl
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
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Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicolau Breyner, Rita Blanco
Shark Bait
Animation PV
The Kingdom
Jamie Foxx, Jennifer Garner
Rush Hour 3
Jackie Chan, Chris Tucker
Knocked Up
Seth Rogen, Katherine Heigl
A Outra Margem
Filipe Duarte, Maria D'Aires
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
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Corrupção
Nicolau Breyner, Rita Blanco
The Kingdom
Jamie Foxx, Jennifer Garner
El Cantante
Marc Anthony, Jennifer Lopez
Ratatouille
Animation PV

LUSOMUNDO
FOZ PLAZA
TEL: 707 246362
1 NOV-7 NOV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicolau Breyner, Rita Blanco
Meet the Robinsons
Animation 3D
Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Ratatouille
Animation PV
Knocked Up
Seth Rogen, Katherine Heigl
The Invisible
Justin Chatwin, Margarita Levieva

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
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Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicolau Breyner, Rita Blanco
Rush Hour 3
Jackie Chan, Chris Tucker
Resident Evil: Extinction
Milla Jovovich, Oded Fehr
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Bratz
Logan Browning, Janel Parrish
Shark Bait
Animation PV
The Kingdom
Jamie Foxx, Jennifer Garner
Knocked Up
Seth Rogen, Katherine Heigl
Fados
Documentary

LUSOMUNDO
GLICÍNIAS
TEL: 707 246362
1 NOV-7 NOV

The Invasion
Nicole Kidman, Daniel Craig
Meet the Robinsons
Animation PV 3D
Corrupção
Nicolau Breyner, Rita Blanco

Ratatouille
Animation PV
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Rush Hour 3
Jackie Chan, Chris Tucker
Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Knocked Up
Seth Rogen, Katherine Heigl

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Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicolau Breyner, Rita Blanco
Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Knocked Up
Seth Rogen, Katherine Heigl
Ratatouille
Animation PV
Rush Hour 3
Jackie Chan, Chris Tucker
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

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Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
The Invasion
Nicole Kidman, Daniel Craig
Corrupção
Nicolau Breyner, Rita Blanco
Meet the Robinsons
Animation 3D
The Kingdom
Jamie Foxx, Jennifer Garner
Knocked Up
Seth Rogen, Katherine Heigl
The Brave One
Jodie Foster, Terrence Howard
Bratz
Logan Browning, Janel Parrish
Land of the Blind
Ralph Fiennes, Donald Sutherland
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Ratatouille
Animation PV
Rush Hour 3
Jackie Chan, Chris Tucker

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362
1 NOV-7 NOV

The Invasion
Nicole Kidman, Daniel Craig
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Domino
Keira Knightley, Mickey Rourke
The Brave One
Jodie Foster, Terrence Howard
Shark Bait
Animation PV
The Kingdom
Jamie Foxx, Jennifer Garner
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Rush Hour 3
Jackie Chan, Chris Tucker
Knocked Up
Seth Rogen, Katherine Heigl
Stardust
Charlie Cox, Peter O'Toole
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Evening
Meryl Streep, Glen Close
A Outra Margem
Filipe Duarte, Maria D'Aires

■ OV = English Version
■ PV = Portuguese
■ Version

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Rachel's Favourite Food for Living. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Racing from Ascot. Coverage of races at 1.10, 1.40 and 2.10. (T) 2.20 Live Rugby Union. Leicester Tigers v Cardiff Blues (Kick-off 2.30pm). (T) 4.30 Final Score.

5.30 BBC News; Regional News; Weather. (T) 5.50 Strictly Come Dancing. Bruce Forsyth and Tess Daly host as the remaining couples enter the spotlight once again, aiming to razzle-dazzle in either a tricky foxtrot or a paso doble. The result can be seen tomorrow at 6.50pm. (T)

7.15 Robin Hood. Robin realises there's a traitor in the gang when his plan to capture the Sheriff's spy fails. Fearing for Marian's safety in the castle, he attempts to root out the turncoat. Josie Lawrence guest stars. (T)

8.00 The National Lottery: In It to Win It. Dale Winton presents the quiz show in which five contestants answer questions to scoop a big prize. Duncan James introduces the Lotto, Dream Number and Thunderball draws. (T)

8.50 Casualty. Josh bids a painful farewell to Devika and Sajani, but has second thoughts about his life in Holby. Toby is sent out on a paramedic shift after laughing in front of a patient's family as Adam gives them bad news. Meanwhile, tragedy strikes for a father and daughter out on a walk when a car hurtles over a hedge, trapping one of them against a tractor and knocking the other unconscious. (T)

9.40 The Vicar of Dibley. A violent storm destroys St Barnabas's stained glass window, and Geraldine is put in charge of raising funds to replace it - but the others are unsure whether any of her outlandish ideas will actually work. Comedy, starring Dawn French, Gary Walthorn, James Fleet, Emma Chambers and Liz Smith. (R) (T)

10.10 BBC News; Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker introduces highlights of this afternoon's Premier League games, including Arsenal's clash with Manchester United at the Emirates Stadium, which sees Alex Ferguson's side trying to close the gap on the Gunners at the top of the league. Plus, action from Tottenham Hotspur's visit to the Riverside to face Middlesbrough and Wigan Athletic against Chelsea at the JJB Stadium. (T) 11.55 FILM: Nothing to Lose (1997). Comedy, starring Martin Lawrence. (T)

1.30 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Teletubbies. (R) (T) 6.45 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 Dennis the Menace. (R) (T) 7.50 Watch My Chops. (R) (T) 8.00 Hider in the House. (R) (T) 9.00 TMi: (T) Diddy Dick & Dom. (R) (T) 10.30 Stupid. (R) (T) 10.55 The Story of Tracy Beaker. (R) (T) 11.20 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (T) 12.45 FILM: The Seven Year Itch (1955). Offbeat comedy, starring Marilyn Monroe. (T) 2.30 Film 2007 with Jonathan Ross. (R) (T) 3.00 FILM: California Man (1992). Teen comedy, with Sean Astin. (T) 4.25 BBC Switch: Falcon Beach. (T) 5.10 BBC Switch: Sound. (T) 5.45 Heroes Unmasked. (R) (T) 5.55 What the Papers Say. (T) 6.05 Cool House. (T) 6.35 Porridge. (R) (T) 7.05 The Culture Show. Robert Redford talks to Mark Kermode about his new film Lions for Lambs. Andrew Graham-Dixon visits the Palais des Beaux Arts in Lille and there's music by singer and sitar player Bishi. (T) 8.00 Michael Palin's New Europe. Slovakia, Czech Republic and Germany. Last in series. (R) (T) 9.00 Have I Got a Bit More News for You. Special extended version. (T) 9.40 Shooting the Past. Part one of Stephen Poliakoff's three-part drama about the staff of a picture library who band together to prevent a ruthless US property developer from destroying their collection. Timothy Spall and Lindsay Duncan star. (R) (T) 10.55 Shooting the Past. (R) (T) 11.50 The Tudors. (R) (T) 12.40 The Culture Show. (R) 1.35 FILM: Cinderella Liberty (1974). Drama, starring James Caan. (T) 3.30 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: Debutantes. (T) 9.05 T4: One Tree Hill. (T) 10.05 T4: Debutantes. (T) 10.20 T4: Friends. (R) (T) 10.50 T4: MobileAct Unsigned. (R) (T) 12.00 T4: Transmission. (R) (T) 12.30 T4: Debutantes. (T) 12.45 T4: Charmed. (R) (T) 1.45 T4: Debutantes. (T) 2.00 Channel 4 Racing from Wetherby. Newmarket and Down Royal. Including the 3.30 bet365 Charlie Hall Chase (3m 1f). (T) 4.05 Lions for Lambs: World Premiere Special. (T) 4.40 Countdown: 25th Birthday Special. (R) (T) 5.25 Location, Location, Location. (R) (T) 6.00 Channel 4 News. (T) 6.30 Deal or No Deal's 2nd Birthday Special. (T) 7.35 When Hell Freezes. The story of Douglas Mawson's 1912 Antarctic expedition. After a journey across hundreds of kilometres of frozen wasteland, during which his two companions perished, the explorer miraculously managed to survive. Australian adventurer Tim Jarvis sets out to find out how he did it, recreating the epic trek using the same meagre rations and primitive equipment. Part of the Edge of Endurance season. (R) (T) 9.10 FILM: Four Weddings and a Funeral (1994). Brilliantly played blockbuster comedy about the tangled relationships of a group of friends as they gather at a succession of formal functions. Hugh Grant and Andie MacDowell star. (T) 11.20 Channel 4 at 25. (T) 1.30 UK Poker Tour. 2.30 4Music: Dubplate Drama. (R) (T) 2.55 Last Chance Kids. (R) (T) 3.55 FILM: Chance of a Lifetime (1950). Comedy drama, starring Bernard Miles. (T) (bw) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 6.55 Milkshakel: Peppa Pig. (R) (T) 7.00 Hi-5. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 Football Italiano Highlights. 11.45 Wild Events. (R) (T) 12.20 FILM: The Second Jungle Book: Mowgli and Baloo (1997). Adventure sequel, starring James Williams. (T) 1.55 FILM: Wyoming Renegades (1955). Western, starring Philip Carey. (T) 3.15 FILM: Moby Dick (1998). Feature-length seafaring adventure, with Patrick Stewart. (T) 5.40 FILM: Beyond the Poseidon Adventure (1979). Adventure sequel, starring Michael Caine. (T) 7.40 five news and sport. (T) 7.50 NCIS. The team are called to a national forest where several women have gone missing, and conclude there may be a serial killer on the loose. (R) (T) 8.45 NCIS. The team are called to a high school on a marine base, where a pupil has taken his classmates hostage after strapping a bomb to his chest. Mark Harmon stars. (R) (T) 9.40 CSI: Crime Scene Investigation. Grissom discovers another replica crime scene. (R) (T) 10.40 Law & Order: Special Victims Unit. (T) 11.40 Criminal Minds. The team investigate a series of seemingly motiveless murders. (R) (T) 12.40 Quiz Call. 5.35 Wildlife SOS. (R) (T)

5.30 ITV Morning News. 6.00 GMTV. 9.25 CITY: Horrid Henry. (T) 9.40 Emu. (T) 9.55 Supernormal. (T) 10.10 Tricky TV. 10.40 Skyland. (T) 11.10 My Parents Are Aliens. (R) (T) 11.45 ITV News and Weather. (T) 11.50 London Today; Weather. (T) 11.55 Saturday Cooks! (T) 1.25 FILM: Dennis the Menace Strikes Again (1998). Comedy sequel, starring Don Rickles. (T) 2.45 FILM: Thunderball (1965). James Bond adventure, starring Sean Connery. (T) 4.15 London Today; Weather. (T) 4.30 ITV News and Weather. (T) 4.45 FILM: Thunderball (1965). Concluded. (T)

5.45 Funniest Ever You've Been Framed! Featuring naughty children, crazy cats and DIY disasters, narrated by Harry Hill. (T)

6.45 The X Factor. Dermot O'Leary hosts the third live studio round, which sees the 10 would-be chart stars singing for survival once more - all performing songs, both modern and classic, in a big band style. The judges will deliver their views on each of the acts before the public vote settles on two candidates for an early exit. The results are at 9.10. (T)

8.25 All Star Family Fortunes. Holly Willoughby and Eamonn Holmes' families compete as Vernon Kay hosts a celebrity version of the classic game show. (T)

9.10 The X Factor - The Results. American R'n'B sensations Boyz II Men, who have sold more records than any other act in their genre, perform before the verdict of the viewers at home is announced. The two acts with the fewest votes sing again, hoping to keep their hopes alive by performing well enough to win a reprieve from the judges and continue pursuing their dream of pop stardom. (T)

9.45 Saturday Night Divas. Mylene Klass presents the celebration of all things 'woman', marking the conclusion of Breast Cancer Awareness Month. With an audience of specially invited fundraisers and campaigners there will be appearances from Celine Dion, Jennifer Lopez, Chaka Khan and a performance from Girls Aloud on a set based on the Moulin Rouge. Alicia Keys also performs in the studio along with Jamelia, Natasha Bedingfield, Shirley Bassey and last year's X Factor winner Leona Lewis. (T)

10.45 Parkinson. The veteran broadcaster continues the final series of his chat show by talking to Emmy award-winning actor Ray Winstone about his new film Beowulf. Comedy duo French and Saunders reflect on their 20-year partnership, and there's conversation with Harry Potter star and stage actor Daniel Radcliffe on his new television drama My Boy Jack. Plus, soul singer Jamie Davis performs live in the studio. (T)

11.45 ITV News and Weather; Weather. (T)12.00 Make Your Play; (T) ITV News Headlines. 4.10 Antiques Auction. (R) (T) 4.30 Antiques Auction. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
Fátima, 90 Anos de Fé 0800 Bom dia Sábado 1000 Fátima, 90 Anos de Fé 1300 News 1715 Kangaroo Jack, film 1905 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 2345 Scary Movie 3, film 0145 Smoochy, film 0330 A Hora da Sorte 0415 Teleales

RTP2
0700 Euronews 1000 África 7 Dias 1030 Notícias de Portugal 1130 Palco: Rodrigo Leao, João, Xaile 1250 Bastidores 1315 The Simpsons 1335 Entre Pratos 1400 National Geographic 1500 Sport 1900 Gente da Cidade 1930 A Princesa Mononoke 2145 A Hora da Sorte 2200 News 2240 Anything Else, film Sogni D'Oro, films 0200 Sport 0600 Euro News

SIC
0700 Sic Kids 0845 Disney Kids 1200 Our World 1300 News 1400 Extase 1700 CSI Miami 1800 Film TBA 2000 News 2215 Paraíso Tropical 2330 Vingança 0115 Film 0245 Amazônia 0330 Quando o Telephone Toca TVI

0700 Childen TV 0900 Morangos com Açúcar 1045 O Bando dos Quatro 1215 DeLuxe 1300 News 1400 Os Escolhidos 1600 Film TBA1800 Film 2000 News 0030 Film TBA 0530 Teleales

Best of the Rest

BBC3
7.00 Gaffes Galore Outtakes 7.10 Spendaholics 7.40 The Real Hustle 8.10 Top Gear 9.10 Little Britain 9.40 Film: Chicken Run U (2000) 11.05 Two Pints of Lager and a Packet of Crisps 11.35 Two Pints of Lager and a Packet of Crisps 12.05 It's Adam and Shelley 12.35 Singing with the Enemy 1.30 Celebrity Scissorhands Uncut 3.45 Spendaholics 4.15 The Real Hustle 4.45 Close

BBC4
7.00 The Diary of a Nobody 7.10 Smiley's People 8.10 Smiley's People 9.10 More Dawn French's Girls Who Do: Comedy 9.40 Fanny Hill 10.40 Fanny Hill 11.40 The Harlot's Handbook 12.10 The Curse of Success: The Story of John Cleland 12.40 Folk Britannia 1.40 Folk Britannia 2.40 Folk Britannia 3.40 More Dawn French's Girls Who Do: Comedy 4.10 Close

ITV2
3.00 Holiday Showdown 4.00 Holiday Airport: Cyprus 5.00 All Star Family Fortunes 5.40 Streetmate 6.40 Nanny 911 7.40 The Planet's Funniest Animals 8.10 Movies Now 8.25 The Xtra Factor 9.10 Good Girls: Gone Bad 9.40 The Xtra Factor Results 10.30 Film: The Lost World: Jurassic Park PG (1997) 1.00 The X Factor 2.30 The X Factor - The Results 3.00 The X Factor Results 3.35 Emmerdale 6.00 Close

Sky One
1.00 Vroom Vroom 2.00 Futurama 2.30 Futurama 3.00 Futurama 3.30 Lost 4.30

Cirque de Celebrite 6.00 The Simpsons 6.30 The Simpsons 7.00 Stargate Atlantis 8.00 A Town Called Eureka 9.00 Bones 10.00 Bones - Behind the Scenes 10.30 Bones 11.30 Street Wars 12.30 British Sex 1.30 Dom Joly's Happy Hour 2.20 Road Wars 3.15 Street Wars 4.15 Football's Hardest Away Days 5.05 Full Force Nature

UKTV Gold
1.00 Victoria Wood as Seen on TV 1.40 Victoria Wood as Seen on TV 2.20 dinnerladies 3.00 dinnerladies 3.40 Victoria Wood as Seen on TV 4.20 Victoria Wood as Seen on TV 5.00 dinnerladies 5.40 dinnerladies 6.20 Victoria Wood as Seen on TV 7.00 Victoria Wood as Seen on TV 7.40 dinnerladies 8.20 dinnerladies 9.00 Victoria Wood Live 11.00 Film: Rumble in the Bronx 15 (1995) 12.40 The Royle Family 1.20 Doctor Who 3.40 Victoria Wood as Seen on TV 4.10 Dallas 5.10 Dallas

TCM
1.00 Made in Paris PG (1966) 3.00 Please Don't Eat the Daisies U (1960) 5.00 Murder at the Gallop U (1963) 6.30 Kelly's Heroes PG (1970) 9.00 Dirty Harry 18 (1971) 11.00 Classic Shorts 3rd Place 11.20 Classic Shorts 2nd Place 11.40 Classic Shorts Winner 12.10 Mad Max 2 18 (1981) 2.00 Teleshopping 2.30 The VIPs U (1963)

The Disney Channel
Kids' programmes from Zam, except: 4.00 Film: Go Figure U (2005) Teen movie, starring Jordan Hinson.

MOVIES

Sky Movies Drama
6.00 Can't Be Heaven PG (1999) 7.45 Driven to Succeed PG (2004) 9.20 Evita PG (1996) 11.40 Madison 15 (2001) With Jim Caviezel. 1.30 Driven to Succeed PG (2004) With Cybill Shepherd. 3.15 Drama Close Up 3.45 Evita PG (1996) With Madonna. 6.05 Elizabeth: The Golden Age Special 6.20 Madison 15 (2001) With Jim Caviezel. 8.00 Syriana 15 (2005) With George Clooney. 10.10 The Accused 18 (1988) With Jodie Foster. 12.10 Lords of Dogtown 15 (2005) With Heath Ledger. 2.15 On a Clear Day 12 (2005) With Peter Mullan. 4.05 Can't Be Heaven PG (1999)

Sky Movies Comedy
6.00 Max Rules: Adventures of a Superspy PG (2005) 7.30 If Only 15 (2004) 9.15 Meatballs 15 (1979) 11.00 Beavis and Butt-Head Do America 12 (1996) With Mike Judge. 12.30 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 2.15 Premiere Close Up 2.45 Failure to Launch 12 (2006) With Matthew McConaughey. 4.30 Fletch PG (1985) With Chevy Chase. 6.15 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 8.00 Failure to Launch 12 (2006) With Matthew McConaughey. 9.45 Rumor Has It 12 (2005) With Jennifer Aniston. 11.30 Beavis and Butt-Head Do America 12 (1996) With Mike Judge. 1.00 Fletch PG (1985) With Chevy Chase. 2.45

Meatballs 15 (1979) With Bill Murray. 4.30 Max Rules: Adventures of a Superspy PG (2005)

Sky Movies Action
6.25 Action & Thriller Close Up 6.55 The Abyss: Special Edition 15 (1989) 9.55 Magic Kid 2 PG (1994) 11.30 Aeon Flux 15 (2005) With Charlize Theron. 1.10 The Abyss: Special Edition 15 (1989) With Ed Harris. 4.00 The Escapist 15 (2001) With Jonny Lee Miller. 5.45 Legionnaire 15 (1998) With Jean-Claude Van Damme. 7.25 Aeon Flux 15 (2005) With Charlize Theron. 9.00 Snakes on a Plane 15 (2006) With Samuel L. Jackson. 10.50 Legionnaire 15 (1998) With Jean-Claude Van Damme. 12.30 Snakes on a Plane 15 (2006) With Samuel L. Jackson. 2.20 Mississippi Burning 18 (1988) With Gene Hackman. 4.30 Magic Kid 2 PG (1994)

(R)-repeatprogramme;
(T)-programmewithtele-textsubtitles;
(S)-programmebroadcastinstereo;
(bw)-blackandwhite.

SPORT

Sky Sports 1
6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Live Football Special. Arsenal v Manchester United (Kick-off 12.45pm) 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Colchester United v Leicester City (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 You're on Sky Sports! 5.10 Champions League Weekly 5.40 U Can Do It 5.45 Sky Sports Classics

Sky Sports 2
6.00 Tight Lines 7.00 Friday Fight Night 9.00 NFL: America's Game 10.00 Rally World 10.30 World Sport 11.00 Live European Tour Golf. The Volvo Masters. 4.00 NFL Weekly Review 4.30 NFL: Total Access 5.30 Live International Rugby League. Great Britain v New Zealand (Kick-off 6.00pm). 8.30 Golf Night 11.00 NFL Playbook 12.00 Boxing 2.00 International Rugby League 3.30 Spanish Football 5.00 Max Power

Sky Sports 3
6.00 Victory Shield Football 7.30 Live World Pool Championship. Day one from Manila in the Philippines. 2.00 Boxing 4.00 Max Power 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Extreme Championship Wrestling 11.00

WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Max Power 3.00 Boxing 5.00 NFL Playbook

British Eurosport
7.30 Eurosport Buzz 8.00 French Rugby 8.30 French Rugby 9.00 Live Beach Volleyball. The women's Thailand Open semi-finals. 10.00 Eurogoals 10.30 Trial Bikes 11.00 MotoGP 11.30 Live MotoGP. An introduction to the Valencia Grand Prix. 12.00 Live MotoGP. The Valencia Grand Prix 125cc qualifying session. 12.45 Live MotoGP. The Valencia Grand Prix MotoGP qualifying session. 2.00 Live MotoGP. The Valencia Grand Prix 250cc qualifying session. 3.00 French Rugby 4.20 French Rugby 4.30 Live French Rugby. Clermont-Auvergne v Montpellier (Kick-off 4.30pm). 6.10 MotoGP 7.00 Live Figure Skating. The Ice Gala from Ingolstadt, Germany. 8.00 Trampoline 8.15 Live Figure Skating. The Ice Gala from Ingolstadt, Germany. 9.15 Eurosport Buzz 9.45 MotoGP 11.30 Trial Bikes 12.00 Trampoline 1.00 Close

Sky Sports Xtra
6.00 Sportnation 7.00 British Ice Hockey 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 NFL: Total Access 1.00 Live Tennis. The Paris Masters semi-finals. 5.00 Rally World 5.30 World Sport 6.00 Sportnation 7.00 Max Power 8.00 Champions League Weekly 8.30 Live Spanish Football. A La Liga match. 11.00 World Pool Championship 5.30 Sports Adventure

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BBC1

6.00 Breakfast. (T) 7.30 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 1.45 EastEnders. (T) 4.10 Points of View. (T) 4.25 Songs of Praise. (T)

5.05 Robin Hood. Robin realises there's a traitor in the gang when his plan to capture the Sheriff's spy fails. Fearing for Marian's safety in the castle, he attempts to root out the turncoat. Josie Lawrence guest stars. (R) (T)

5.50 In Living Memory. Soldiers who have lost their lives since 1945. (T)

6.50 Strictly Come Dancing. Two couples face a dance-off as they try to prove their worth to the judges after falling short in last night's public vote. Featuring a performance by McFly. (T)

7.35 BBC News; Regional News; Weather. (T)

8.00 Antiques Roadshow. An opportunity to view some unseen treasures unearthed by the team on their recent travels. A car boot sale purchase proves much more valuable than the money paid for it. Plus, the story of a watercolour painting bought for two cigarettes in a World War Two POW camp, told by the man who smuggled it into Britain. (T)

9.00 Joe's Palace. First in a pair of new dramas from writer-director Stephen Poliakoff centred on an old house with an intriguing past. Michael Gambon stars as its owner, a reclusive billionaire who chooses to live nearby, rather than making it his home. The building is cared for by a cleaner, whose teenage son (newcomer Danny Lee Wynter) becomes the sole link between the wealthy man and the outside world. Rupert Penry-Jones, Kelly Reilly and Rebecca Hall are among the supporting cast. The companion piece, Capturing Mary, starring Wynter alongside Maggie Smith, will be shown next week on BBC2. (T)

10.50 BBC News; Weather. (T)

11.10 FILM: People I Know (2002). Premiere. Thriller, starring Al Pacino. (T)

12.40 The Sky at Night. (T) 1.05 Celebrity Scissorhands. (T) 2.05 Sign Zone: Watchdog. (R) (T) 2.35 Sign Zone: Holby City. (R) (T) 3.35 Sign Zone: The Nature of Britain. (R) (T) 4.25 Sign Zone: Oz and James's Big Wine Adventure. (R) (T) 4.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Teletubbies. (R) (T) 6.45 Step Inside. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 Pinky and the Brain. (R) (T) 7.45 Even Stevens. (R) (T) 8.05 The Basil Brush Show. (R) (T) 8.30 Smart. With Tracy Beaker actress Dani Harmer. (T) 9.30 Hedz. Comedy sketch series for children. (R) (T) 10.00 Something for the Weekend. (T) 11.30 Rugby League. (T) 12.30 Live MotoGP. The Valencia Grand Prix. (T) 2.15 Live Athletics. The New York Marathon. (T) 5.30 My Life with Animals: Steve Leonard. (R) (T) 6.10 The Nature of Britain. (R) (T) 7.00 Clash of Worlds. Sudanese resistance to British imperialism. (T) 8.00 Top Gear. The team travel to Africa where they are challenged to buy a second hand car costing no more than #1500 and in no way designed to go off road and drive across the wilds of Botswana. (T) 9.00 Long Way Down. Tension mounts as the team race through Europe to catch the weekly ferry that will take them down the Nile into Sudan, but trouble looms as they encounter a sandstorm along the Libyan coast. (T) 10.00 Match of the Day 2. West Ham United v Bolton Wanderers. (T) 10.45 TOTP2 Country Jukebox. 11.45 Graham Norton Uncut. With director John Waters and author Jackie Collins. (T) 12.30 Heroes. Matt takes the Bennet family hostage. (R) (T) 1.15 FILM: Metroland (1997). Drama, starring Christian Bale. (T) 2.50 BBC News 24. (T) 4.55 Close.

Pick of the Day

Brenner, Bird and Fortune, C4, 7pm

It's a testament to the sustainability of this comic trio, that, in the eleventh series of the award-winning sketch show, the two Johns and Rory Brenner have yet again effortlessly managed to poke fun at those entrusted with the power of the country in such a fresh and witty fashion. The saying goes if it ain't broke, don't fix it', and this is certainly applicable to Brenner, Bird and Fortune, whose send-ups of political figures like Tony Blair, John Major, and more recently, Gordon Brown, have had the British public in stitches for almost a decade. In this episode, the last of the series, the dynamic trio embrace the new political era. Expect them to come down hard on the PM following his controversial decision to implement a 'stealth' tax on pensions. Next in the firing line is London Mayor candidate Boris Johnson; the former editor of the Spectator is prone to the odd gaffe or two, which provides ammo for the comics, as if they needed it. Also being lampooned this week is Conservative leader David Cameron and keep an eye out for Brenner's impression of Tony Blair, as he adjusts to life after Number 10.

C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 Racing Rivals. 8.00 Freesports on 4. 8.25 Triathlon. The Ironman World Championship qualifying event in Sherborne, Dorset. 8.55 T4: Debutantes. (T) 9.10 T4: Friends. (R) (T) 9.40 T4: Debutantes. (T) 10.00 T4: Hollyoaks. (T) 12.30 T4: MobileAct Unsigned. (T) 1.35 T4: Debutantes. (T) 1.45 T4: Ugly Betty. (R) (T) 2.45 T4: Smallville. (T) 3.45 T4: Smallville. (T) 4.45 T4: The Simpsons. (R) (T) 5.15 T4: The Simpsons. (R) (T) 5.45 Scrapheap Challenge. (T) 6.45 Channel 4 News. (T) 7.00 Brenner, Bird and Fortune. Political satire with Rory Brenner. Last in series. (T) 8.00 Wife Swap. Free-spirited single father John takes on the role of matriarch when he exchanges lives with Shruty, a hard-working mother. The swap is thrown into chaos when one participant raises major doubts. (T) 9.00 Did Barry George Kill Jill Dando? (T) 10.00 FILM: Resident Evil (2002). A team of commandos investigate when a laboratory experiment unleashes a deadly virus - but their mission soon becomes a nightmare. Smash-hit horror, starring Milla Jovovich. (T) 11.50 4Music: Keane Curates for Warchild. 12.55 FILM: Iqbal (2005). Premiere. Drama, starring Shreyas Talpade. 2.55 3 Minute Wonder: City Symphonies. (R) (T) 3.00 3 Minute Wonder: City Symphonies. (R) (T) 3.05 4Music: Transmission. (R) (T) 4.05 We Believe in Happy Endings. (T) 4.10 MobileAct Unsigned. (R) (T) 5.10 Headland. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 My First. (R) (T) 6.30 Thomas & Friends. (R) (T) 6.40 Ebb and Flo. 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Hi-5. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 Hannah Montana. (T) 10.30 Hannah Montana. (T) 11.00 8 Simple Rules. (T) 11.30 Beyond the Break. (T) 12.00 How to Be a Property Developer. (R) (T) 1.00 House Busters. (R) (T) 1.30 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.20 Wild Events. (R) (T) 4.50 FILM: The Out-of-Towners (1970). Comedy, starring Jack Lemmon. (T) 6.45 five news and sport. (T) 7.00 FILM: Charlie's Angels: Full Throttle (2003). The high-kicking trio return, this time hunting down villains responsible for stealing two encoded rings. Adventure sequel, with Drew Barrymore, Cameron Diaz and Lucy Liu. (T) 9.00 FILM: Ghost (1990). Murdered executive Patrick Swayze remains on Earth in spirit form and tries to help girlfriend Demi Moore bring his killer to justice. Fantasy drama, with Whoopi Goldberg. (T) 11.30 Californication. (R) (T) 12.05 ITU Triathlon. 12.55 NFL Live. Philadelphia Eagles v Dallas Cowboys (Kick-off 1.15am). 4.50 Major League Soccer.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Sunday Edition. (T) 10.20 The Championship. (T) 11.20 CITV: Curious George. (T) 11.35 Pocoyo. (T) 11.45 Jim Jam & Sunny. (T) 12.00 Jim Jam & Sunny. (T) 12.15 ITV News and Weather. (T) 12.20 London Today; Weather. (T) 12.25 FILM: Charlotte's Web II: Wilbur's Great Adventure (2003). Premiere. Animated adventure sequel, with the voice of David Beron. (T) 1.55 The X Factor. (R) (T) 3.35 The X Factor - The Results. (R) (T) 4.10 London Tonight; Weather. (T) 4.25 FILM: Star Wars: Episode V - The Empire Strikes Back (1980). Sci-fi fantasy, starring Harrison Ford. (T)

6.45 ITV News and Weather. (T)

7.00 Emmerdale. Donna is unsure whether to attend her police interview but an argument with Marlon spurs her on. Viv is upset about her poor boob sales and Jamie covers his tracks over Amelia. (T)

7.30 Coronation Street. Sarah and Jason's first days of marriage are beset by bickering as the attention lavished on David drives a wedge between them. John has to think on his feet when he gets caught out with Rosie, and Maria is disappointed when Liam reveals he is going to Ireland without her. Elsewhere, Jerry returns home from Milan and Sean lets it slip to Eileen and Todd that Violet's baby is a boy. (T)

8.00 The Royal. Jill becomes unwell after receiving the results of a pregnancy test. Elsewhere, when a baby goes missing, suspicion falls on the parents of a girl admitted with a broken ankle. Meanwhile, Gordon makes a discovery about a diabetic patient that explains his behaviour and, in a dramatic finale, tragedy looms. Daniel Casey guests in the last episode of the series. (T)

9.00 A Room with a View. Rafe Spall and Elaine Cassidy head Andrew Davies' lavish dramatisation of the novel by EM Forster about the romantic frontiers opened to a naive English girl on a visit to Italy in 1912. Lucy Honeychurch has hitherto led a sheltered existence, but a simple misunderstanding leads her into a love triangle and leaves her with a life-changing decision to make. With Timothy West, Sinead Cusack, Timothy Spall and Yari Gugiucoli. (T)

11.00 ITV News and Weather; Weather. (T)

11.15 Britain's Love Story. Alex Best contributes to the discussion about the most obsessive love of all - blind love - in relation to her devotion for former husband, football icon George Best. A nurse from Derby remembers how she made the headlines in the 1980s - and outraged the Catholic Church - when she left her husband and children for a paraplegic patient. The programme is illustrated with nostalgic archive footage and a contemporary music soundtrack. Last in series. (T)

12.15 It's My Life. (R) (T) 1.10 Motorsport UK. (T) 1.40 FILM: Beer Money (2001). Premiere. Comedy, starring Mercedes McNab. (T) ITV News Headlines. 3.10 The Jeremy Kyle Show. (T) (T) 4.05 ITV Nightscreen.

LOCAL

RTP1
0630 Fátima, 90 Anos de Fé
1130 Football: Spain V Portugal
1300 News 1400 Sô Visto 1430
Top + 1500 Perdidos 1600
Cellular, film 2100 As Escolhas
de Marcelo Rebelo de Sousa
2130 Gato Fedorento 2230
Conta-me Como Sãvas
Wonderland, film 0200 Sylvia
0400 Teleales 0605 Nôs
RTP2
0700 Euronews 0730 Músicas
de África 0830 África global
0900 Caminhos 0930 70x7 1000
Nôs 1100 Indisciplinas 1130
Consigo 1200 Vida Por Vida
1230 Olhar o Mundo 1300 The
Simpsons 1330 Bombordo 1400
Discovery Hour 1900 Arte &
Emoção 1930 Diga lá Excelência
2030 The Simpsons 2100 Entre
Pratos 2130 A Alma e Gente
2200 News 2240 Cãmamba Clara
2330 Britcom 0030 Onda Curta
0130 Parlamento 0200 A Alma e
a Gente 0230 Euronews 0245
Sport 0600 Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fátima 1300 News 1400
Film Tba 1530 Film TBA 1800
Film TBA 2000 News 2145 Globia
Superstar 0100 Hora H 0145
Film TBA 0345 Quando o Telefone
Toca
TVI
0645 Children's TV 0900
Morangos Com Açúcar 1100
Missa Braga 1230 Oitavo Dia
1300 News 1410 Top + 1530
Ciclismo: Tour of Frande 1630
Film TBA 1845 O Preço Certo
1945 A Voz do Cidadão 2000
News 2130 Morangos Com
Açúcar 2230 Ila dos Amores
2330 Doce Fugitiva 0130 Film
TBA 0215 Toca a Ganhar 0330
O Escritório 0400 Film TBA 0500
Teleales

Best of the Rest

BBC3
7.00 Pranks Galore! 7.25 Film:
High School Musical U (2006)
9.00 Celebrity Scissorhands
10.00 Touch Me, I'm Karen
Taylor 10.30 Singing with the
Enemy 11.30 Two Pints of Lager
and a Packet of Crisps 12.00
Two Pints of Lager and a Packet
of Crisps 12.30 Celebrity
Scissorhands 1.30 Celebrity
Scissorhands Uncut 3.45
Singing with the Enemy 4.45
Close
BBC4
7.00 Thoroughly Modern 7.30
The Sky at Night 8.00 Horizon
8.50 Horizon Revisited 9.50 The
Dodo's Guide to Surviving
Extinction 10.50 Fanny Hill
11.50 Fanny Hill 12.50 The Late
Edition 1.20 The History of the
World Backwards 1.50 The
Dodo's Guide to Surviving
Extinction 2.50 The Late Edition
3.20 The History of the World
Backwards 3.50 Close
ITV2
1.20 Film: The Lost World:
Jurassic Park PG (1997) 3.45
Coronation Street 6.35 The X
Factor 8.20 The X Factor - The
Results 9.00 Katie & Peter:
Unleashed 10.00 Secret Diary
of a Call Girl 10.30 Katy Brand's
Big Ass Show 11.00 The Black
Donnellis 12.00 Coronation
Street 12.30 The X Factor 2.10
The X Factor - The Results 2.45
The X Factor Results 3.30
Katy Brand's Big Ass Show
4.00 Teleshopping 6.00 Close
Sky One
1.00 Hidden Palms 2.00 Project
Runway 3.00 Bones 4.00 Bones
- The Story So Far 4.30 Cirque
- Backstage at the Big Top 5.00
The Simpsons 5.30 The
Simpsons 6.00 Are You Smarter

Than a Ten Year Old? 7.00 The
Simpsons 7.30 Cirque de
Celebrite 9.00 Film: Lethal
Weapon 2 18 (1989) 11.30 Street
Wars 12.30 British Sex 1.00
America's Dumbest Criminals
1.10 Dom Joly's Happy Hour
1.30 Buffy the Vampire Slayer
3.20 Full Force Nature 4.15
Vroom Vroom 5.10 Guilty!
UKTV Gold
1.00 dinnerladies 1.40 Victoria
Wood as Seen on TV 2.20
Victoria Wood as Seen on TV
3.00 Victoria Wood as Seen on
TV 3.40 dinnerladies 4.20
dinnerladies 5.00 Victoria Wood
as Seen on TV 5.40 Victoria
Wood as Seen on TV 6.20
Victoria Wood as Seen on TV
7.00 dinnerladies 7.40
dinnerladies 8.20 dinnerladies
9.00 Victoria Wood at the Albert
Hall 11.20 The Royle Family
12.00 The Royle Family 12.40
Victoria Wood as Seen on TV
1.35 Steptoe and Son 2.45
Dalziel & Pascoe 4.10 Dallas
5.05 As Time Goes By 5.35
Neighbours
TCM
1.00 The Private Lives of
Elizabeth and Essex U (1939)
3.00 Brass Target PG (1978)
4.55 Signpost to Murder PG
(1965) 6.25 Home from the Hill
PG (1960) 9.00 Body Heat 15
(1981) 11.00 Classic Shorts
Finalist 11.40 Classic Shorts
Finalist 12.05 Brainstorm 15
(1983) 1.50 Freaks 15 (1932)
2.55 Teleshopping 3.10 Bridge
to the Sun U (1961)
The Disney Channel
Kids' programmes from 7am,
except 4.00 Film: Cow Belles U
(2006) Disney drama, starring
Alyson and Amanda Michalka.

MOVIES

Sky Movies Drama

6.00 Ice Bound PG (2003) 7.40 Elizabeth: The Golden Age Special 8.00 Julius Caesar PG (1970) 10.00 Force of Impact PG (2005) 11.40 Ice Bound PG (2003) With Susan Sarandon 1.20 Memoirs of a Geisha 12 (2005) With Ziyi Zhang, 3.50 A Civil Action 15 (1998) With John Travolta. 5.50 Drama Close Up 6.20 Force of Impact PG (2005) With Antonio Sabato Jr. 8.00 Memoirs of a Geisha 12 (2005) With Ziyi Zhang, 10.30 A Civil Action 15 (1998) With John Travolta. 12.30 The New World 12 (2005) With Colin Farrell. 2.45 Elizabeth: The Golden Age Special 3.00 The Secret Life of Zoey 12 (2002) With Mia Farrow. 4.35 Ice Bound PG (2003)

Sky Movies Comedy

6.00 Project: ALF PG (1996) 7.40 Bring It On: All or Nothing 12 (2006) 9.20 Sgt Bilko PG (1996) 10.55 'Til There Was You PG (1997) 12.50 Bad Santa 15 (2004) With Billy Bob Thornton. 2.35 You, Me and Dupree 12 (2006) With Owen Wilson. 4.30 Bring It On: All or Nothing 12

Sky Movies Action

6.00 Eddie Macon's Run 15 (1983) 7.40 King Kong 12 (2005) 10.45 The Matador 15 (2005) 12.25 The Black Dahlia 15 (2006) With Josh Hartnett. 2.30 Rush Hour 12 (1998) With Jackie Chan. 4.15 King Kong 12 (2005) With Naomi Watts. 7.20 The Matador 15 (2005) With Pierce Brosnan. 9.00 The Dukes of Hazzard 12 (2005) With Seann William Scott. 11.00 Rush Hour 12 (1998) With Jackie Chan. 12.50 The Border 15 (1981) With Jack Nicholson. 2.45 Eddie Macon's Run 15 (1983) With John Schneider. 4.25 In the Line of Duty: Siege at Marion PG (1992)

Look out for our anniversary issue in December

SPORT

Sky Sports 1
6.00 U Can Do It 6.05 You're on Sky Sports! 7.00 Football First 8.30 Football First 10.00 The Sunday Supplement 11.00 Goals on Sunday 12.30 Live Football League. Norwich City v Ipswich Town (Kick-off 12.45pm). 3.00 Live Super Sunday. West Ham United v Bolton Wanderers (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Champions League Weekly 2.30 Surfing 3.30 Live International Cricket. India v Pakistan.

Sky Sports 2
6.00 Kartmasters 7.00 Sports Adventure 7.30 Spanish Football 9.00 NFL: Playbook 10.00 NFL: Total Access 11.00 Live European Tour Golf. The Volvo Masters. 4.00 Surfing 5.00 World Sport 5.30 NFL: Who Is? 6.00 Live NFL. Minnesota Vikings v San Diego Chargers (Kick-off 6.00pm). 9.00 Live NFL. Indianapolis Colts v New England Patriots (Kick-off 9.15pm). 1.00 Live NFL. Philadelphia Eagles v Dallas Cowboys (Kick-off 1.15am). 5.00 Close

Sky Sports 3
6.00 International Rugby League 7.30 Live World Pool Championship. Day two from Manila in the Philippines.

British Eurosport
2.00 Boxing 4.00 Rally World 4.30 Wild Spirits 5.00 WWE: Experience 6.00 Fishing 7.00 Wild Spirits 7.30 Golf Night 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.30 Boxing 2.00 Golf Night 4.00 Kartmasters 5.30 Close

Sky Sports Xtra
6.00 Surfing 7.00 Boxing 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Racing News 11.30 Wild Spirits 12.00 International Rugby League 1.30 Sports Adventure 2.00 NFL: Total Access 3.00 Wild Spirits 3.30 Live Tennis. The Paris Masters final. 6.00 Kartmasters 7.00 Sports Adventure 7.30 World Sport 8.00 Boxing 10.00 Tennis 11.30 World Pool Championship

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Bargain Hunt; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Jakers! (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple; (R) (T) Thumb Wrestling Federation: TWf. (R) (T) 4.35 Lizzie McGuire. (R) (T) 5.00 The Sarah Jane Adventures. (T) 5.25 Newsround. (T)

5.35 Neighbours. Elle confesses to Oliver. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 Helicopter Heroes. Richard Hammond follows the work of the Yorkshire Air Ambulance service who rescued him following a potentially fatal crash while filming Top Gear last year. The crew help a teenager injured in a riding accident and a racing driver who has suffered a heart attack. (T)

8.00 EastEnders. Sean comes round to the idea of making peace with his mum after Charlie convinces him he should be looking out for her. As Ronnie scrapes around to raise funds to buy the club, she becomes exasperated with Roxy's frivolous purchases. A worried Jase panics when Jay is not at home and is disturbed to find he's been out with Terry. (T) 8.30 DIY SOS. A team of experts assist amateurs whose projects have gone horribly wrong, while viewers are offered the chance to decide which one of three families deserves to be helped next. A couple in Ramsgate receive much-needed help to create a room fit to be remarried in. (T)

9.00 Panorama. Following The Queen's Company - a unit of 35 British soldiers - on the frontline in Afghanistan on a recent six month tour which left one dead and 12 others seriously wounded. Featuring dramatic footage of intense battles, the documentary explores the cost of fighting and looks at what exactly is being achieved in the war-torn country. (T)

10.00 BBC News at Ten O'Clock. (T) 10.25 Regional News; Weather. (T) 10.35 Movie Connections. (T) 11.15 Inside Sport. Weekly round-up, presented by Gabby Logan, featuring interviews, features and reaction to all the latest headlines. Steve Bunce and Des Kelly give their opinions on the latest news. (T)

11.55 FILM: Pure (2002). Premiere. Drama, starring Molly Parker; (T) Weatherview. 1.35 Celebrity Scissorhands. (T) 2.35 Sign Zone: Buy to Debt? (R) (T) 3.05 Sign Zone: Countryside. The Summer Diaries. (R) (T) 4.05 Sign Zone: Heston Blumenthal: In Search of Perfection. (R) (T) 4.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (T) (T) Storytime with Roly Mo. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (R) (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Pingu. (R) (T) 9.30 CBeebies Autumnwatch. (R) (T) 10.00 Finley the Fire Engine. (R) (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: See You, See Me. (R) (T) 10.50 BBC Primary History. (T) 11.10 BBC Primary Geography. (R) (T) 11.30 Hands Up. (R) (T) 11.45 Watch. (R) (T) 12.00 What the Victorians Did for Us. (R) (T) 12.30 Working Lunch. (T) 1.00 Schools: KS2 Science Clips. (T) 1.10 KS2 Science Clips. (T) 1.20 Emotional Literacy. (T) 1.30 Open Gardens. (T) 2.00 Animal Park: Wild in Africa. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 The Goddess and the King: This World. Olenka Fienkel reports on the challenges presented by the modernisation of Nepal, with the coming of a new republic providing a threat to the country's traditions. (T) 7.30 Mastermind. Subjects including Erasure and the life and works of Primo Levi. (T) 8.00 Autumnwatch 2007. New series. Wildlife reports from across the UK. (T) 9.00 Dragons' Den. Featuring a novelist with silver screen ambitions. (T) 10.00 Have I Got News for You. Satirical quiz. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 RTS Huw Wheldon Lecture 2007. (T) 12.00 BBC News 24. (T) 2.00 BBC Learning Zone. (R)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. (T) 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Vocation, Vocation, Vocation; (T) 3 Minute Wonder. (R) (T) 10.30 Teen Tycoons; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Tricky Business Two; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Market; (R) (T) 3 Minute Wonder. (T) 11.30 Day I Got the Sack; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.05 3 Minute Wonder: 25 Years On. (R) (T) 1.15 FILM: Monte Walsh (2003). Premiere. Western, starring Tom Selleck. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rory Peck Awards 2007. A journalist recalls his brush with death in Afghanistan. (T) 8.00 Dispatches: The Housing Trap. Britain's house-price boom. (T) 9.00 Deep Water. Reconstruction of Donald Crowhurst's ill-fated 1968 round-the-world boat race, using original footage and tape recordings. The amateur yachtsman found himself out of his depth - but refused to request help. (T) 10.50 FILM: The Football Factory (2004). Premiere. Drama, starring Danny Dyer. (T) 12.30 FILM: Sophie Scholl: The Final Days (2005). Premiere. World War Two drama, starring Julia Jentsch. 2.40 Unreported World. (R) (T) 3.05 Dispatches: How to Get Ahead in Africa. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Rory the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.25 Monkey Life. (R) (T) 1.55 FILM: Silencing Mary (1998). Drama, starring Melissa Joan Hart. (T) 3.40 five news update. (T) 3.50 FILM: Jane Doe: Eye of the Beholder (2006). Premiere. Mystery, with Lea Thompson. 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Penguin Adventure with Nigel Marvin. (R) (T) 7.00 five news. (T) 7.30 Human Guinea Pigs. The volunteers test the efficacy of rubber bullets; (T) 7.30 five news update. 8.00 The Gadget Show. The durability of digital cameras is put to the test. (T) 9.00 Street Crime Live. New series. Donal MacIntyre presents. 10.00 Interview with a Cannibal. Interview with Armin Meiwes, who was given an eight-year manslaughter sentence for killing, dismembering and eating another person before being convicted of murder after a retrial. 11.05 FILM: Gothika (2003). Horror, starring Halle Berry. (T) 1.00 NASCAR. The Dickies 500. 1.25 NFL Live. Pittsburgh Steelers v Baltimore Ravens (Kick-off 1.30am). 5.10 Seniors Golf. The Castellon Open de Espana.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Great Pretender. New series. Part quiz and part psychological face-off, Chris Tarrant hosts the ultimate game of duplicity and bluff in which it's best not to appear too clever. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Jamie lies to Louise about going to a wine-tasting session with Amelia - leaving his girlfriend shocked when she later spies the two together. Victoria starts receiving bullying texts. (T)

7.30 Coronation Street. Sally becomes increasingly distracted during a lesson with John and finally admits how she feels about him, and David ruins Sarah's plans to have some belated wedding photos taken. (T) 8.00 Tonight with Trevor McDonald. (T) 8.30 Coronation Street. Sally is mortified to discover John doesn't reciprocate her feelings, but Rosie is amused when she gets wind of what's happened. A frantic Jason can't find the wedding dress and is forced to lie to Sarah, who looks on in horror as she sees it go up in flames, and Jodie ends up taking Finlay to A&E during a date with Lloyd. (T)

9.00 Doc Martin. The doctor and Louisa make plans for their wedding, but preparations for the big day run far from smoothly, as a drunken vicar leaves Martin with a dilemma. Meanwhile, the restaurant where the reception is to be held is flooded and Isobel goes into labour. Last in series of the comedy drama, starring Martin Clunes and Caroline Catz. (T) 10.00 Commando: On the Front Line. The successful soldiers fly to Afghanistan, where they join Bertie Kerr's 11 Troop to begin sentry duties as well as taking on day and night patrols in the war-torn country. The programme shows how the new recruits react to the harsh realities of conflict and how those who have been taking part in the conflict cope with the death of a comrade. Last in series. (T) 10.30 ITV News; Weather. (T) 11.05 FILM: The Thin Red Line (1998). Epic drama, starring Sean Penn. (T) 2.00 Champions League Weekly. (T) 2.30 Make Your Play; (T) ITV News Headlines. 4.15 Drag-net. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1415 Lingo 1530 Portugal no Coração 1800 Portugal em Directo 1900 Operação Triunfo 1900 O Preço Certo 1955 Direto de Antena 2000 Telesele 2010 Notas Soltas 2130 Sabes mais do que um Miúdo de 10 anos? 2230 Memphis Belle 0210 Primary Colors, film 0400 Telesele 0605 Nôs
RTP2
0700 Euronews 0715 Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zag 2045 Todos Contra o Chris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportage, 2300 Roma 2345 Mundos 0030 noites da 2 0115 Discovery Hour 0215 Diga lá Excelência 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magia 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0130 Film TBA 0315 Quando O Telefone Toca
TVI
0700 Diário da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Jília 1700 Quem Quer Ganhar 1800 Maratona com Açúcar - Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Docis Fugitiva 2315 Tu e Eu 0015 Desaparecido 0045 Film TBA 0430 Que Loucura de Família VII 0500 Telesele

Best of the Rest

BBC3
7.00 Sound 7.30 The Most Annoying TV - We Hate to Love 8.30 Celebrity Scissorhands 9.30 It's Adam and Shelley 10.00 EastEnders 10.30 Family Guy 10.55 Family Guy 11.15 Celebrity Scissorhands 12.15 The Most Annoying TV - We Hate to Love 1.10 It's Adam and Shelley 1.40 Celebrity Scissorhands 1.55 Last Man Standing 4.55 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 A Pembrokehire Farm 8.00 The Genius of Photography 9.00 Visions of the Future 10.00 Film: Things to Come PG (1936) 11.35 The Martians and Us 12.35 Visions of the Future 1.35 The Genius of Photography 2.35 The Sky at Night 3.05 Visions of the Future 4.05 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 Who Wants to Be a Millionaire? 9.00 Hell's Kitchen USA 10.00 Hell's Kitchen USA 11.00 Coronation Street 11.30 Coronation Street 12.00 Katie & Peter: Unleashed 1.00 Film: Bridget Jones: The Edge of Reason 1.15 (2004) 3.00 Make Your Play; ITV Play 4.00 Teleshopping 6.00 Close
Sky One

1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Futurama 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Inside Prisons 10.00 Prison Break 11.00 Road Wars 12.00 Road Wars 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.10 Porridge 1.50 The Thin Blue Line 2.30 Film: Columbo: Dead Weight PG (1971) 4.00 Murder, She Wrote 5.00 Only Fools and Horses 5.40 Porridge 6.20 The Thin Blue Line 7.00 New Tricks 8.00 New Tricks 9.00 Only Fools and Horses 11.00 New Tricks 12.00 The Royle Family 1.20 Prison Break 2.15 The Afternoon Play 3.15 Comedy Connections 3.45 Wogan: Now and Then 4.35 Wogan: Now and Then 5.35 Neighbours
TGM
1.00 Light in the Piazza PG (1962) 3.00 Lady L U (1965) 5.00 Clash of the Titans PG (1981) 7.15 Tick Tack PG (1970) 9.00 Presumed Innocent 18 (1990) 11.20 The Hunger 18 (1983) 1.05 The Subterraneans 15 (1960) 2.50 Teleshopping 3.10 Mr Ricco 15 (1975)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama
6.10 Big Spender PG (2003) 7.55 Nurses on the Line: The Crash of Flight 7 PG (1993) 9.35 Martha: Behind Bars PG (2005) 11.15 Columbo: Grand Deceptions PG (1989) With Peter Falk. 12.50 Elizabeth: The Golden Age Special 1.05 Big Spender PG (2003) With Casper Van Dien. 2.50 Nurses on the Line: The Crash of Flight 7 PG (1993) With Lindsay Wagner. 4.35 Columbo: Grand Deceptions PG (1989) With Peter Falk. 6.20 Martha: Behind Bars PG (2005) With Cybill Shepherd. 8.00 The Exorcism of Emily Rose 15 (2005) With Laura Linney. 10.05 Green Street 18 (2004) With Elijah Wood. 12.00 Mean Creek 15 (2004) With Rory Culkin. 1.40 Obsessed 12 (2002) With Jenna Elfman. 3.20 A Separate Peace 12 (2004) 5.05 Big Spender PG (2003)
Sky Movies Comedy
6.50 Fat Albert U (2004) 8.30 Milk 15 (1998) 10.20 Family Close Up 10.50 Crazy People 15 (1990) 12.35 Wedding Crashers 15 (2005) With Owen Wilson. 2.45 Fat Albert U (2004) With Kenan Thompson. 4.30 Just Friends 12 (2005) With Ryan Reynolds. 6.15 Bean PG (1997) With Rowan Atkinson. 8.00 Wedding Crashers 15 (2005) With Owen Wilson. 10.00 Just Friends 12 (2005) With Ryan Reynolds. 11.40 Private Parts 18 (1997) With

Howard Stern. 1.35 Fandango 15 (1984) With Kevin Costner. 3.15 Crazy People 15 (1990) 4.50 Bean PG (1997)
Sky Movies Action
6.05 Mastermind PG (1976) 7.40 Action & Thriller Close Up 8.10 Homeland Security 15 (2004) 9.45 Lord of War 15 (2005) 11.50 Cotton Comes to Harlem 15 (1970) With Godfrey Cambridge. 1.30 Action & Thriller Close Up 2.00 Tristan and Isolde 12 (2005) With James Franco. 4.10 Lord of War 15 (2005) With Nicolas Cage. 6.15 Munich 15 (2005) With Eric Bana. 9.00 Tristan and Isolde 12 (2005) With James Franco. 11.10 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 1.05 Turbulence 18 (1997) With Ray Liotta. 2.50 Back in Business 18 (1997) With Brian Bosworth. 4.25 Mastermind PG (1976)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast ing stereo;
(bw) - black and white.

SPORT

Sky Sports 1
6.00 Live International Cricket. India v Pakistan. 12.00 Champions League Weekly 12.30 Football Special 2.00 Super Sunday: The Last Word 2.30 Champions League Weekly 3.00 International Cricket 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live. Barnsley v Blackpool (Kick-off 7.45pm). 10.00 Big League Weekend 11.30 Soccer AM: The Best Bits 12.30 Champions League Weekly 1.00 Airports World 1.30 Live NFL. Pittsburgh Steelers v Baltimore Ravens (Kick-off 1.30am). 5.00 Close
Sky Sports 2
6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 WWE: Bottom Line 8.00 Football Special 9.30 Super Sunday: The Last Word 10.00 Spanish Football 12.00 Adrenaline 12.30 Golf Night 3.00 Spanish Football 5.00 Wild Spirits 5.30 Airports World 6.00 Show Jumping 7.00 NFL: Triple Header 12.00 International Cricket 2.30 World Motor Sport 2.30 Big League Weekend 4.00 Soccer AM: The Best Bits 5.00 Airports World 5.30 Close
Sky Sports 3
9.00 Boxing 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL: Triple Header 3.00 Boxing 5.00 WWE: Raw 7.00

International Cricket 9.00 Hockey 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Poker 5.45 Close
British Eurosport
7.30 Motorsports Weekend 7.45 MotoGP 8.30 Beach Volleyball 9.15 New York Marathon 10.15 MotoGP 11.00 Eurosport Buzz 11.30 Live Beach Soccer. Italy v Japan. 12.30 Beach Soccer 1.00 Live Beach Soccer. UAE v Argentina. 2.00 Snooker 2.30 Live Snooker. The Northern Ireland Trophy. 5.00 WTA Tennis 6.00 Eurogoals 6.45 Snooker 7.30 Live Snooker. The Northern Ireland Trophy. 10.30 MotoGP 11.15 Eurogoals 12.00 Eurosport Buzz 12.30 Close
Sky Sports Xtra
6.00 Close 7.30 Surfing 8.30 Tennis 10.00 Live World Pool Championship. The third day at Araneta Coliseum in Manila, Philippines. 4.30 Adrenaline 5.00 Tennis 6.30 Hockey 7.30 World Motor Sport 10.00 Poker 11.30 World Pool Championship

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (R) (T) 10.30 State Opening of Parliament. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: The Cramp Twins. (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Prank Patrol. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Oliver seeks out his father. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Queen's Speech Broadcast. By the Labour Party. (R) (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Jean is happy to have Sean around, but he's soon irritated by her fussing. Ronnie learns she has lost the chance of purchasing the club, and Jane returns home from hospital. (T)
8.00 Holby City. Kyla's drinking at work leads her to make serious mistakes and Faye is not able to cover for her for long. A new locum arrives to stand in for Connie as she prepares to go on a sabbatical, immediately pitting Sam and Joseph against each other to act up in her absence. Mark confesses his cocaine habit to Elliot, but refuses to admit how serious it is, leaving the surgeon worried. (T)
9.00 Spooks. Intelligence suggests an Algerian terrorist is planning an atrocity in London, so Adam returns to Ana for more information on the activities of her husband. Caught in the act, she kills an aide, leading Dariush to discover she is an MI5 mole. Meanwhile, Ros's Yalta contact informs her Bakhshi is not the culprit but the target of the expected attack, and working with the Americans proves difficult. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Imagine. Alan Yentob profiles provocative French-born American artist Louise Bourgeois, still at the cutting edge at the age of 96. Talking to many of the famous figures inspired by her unsettling products such as giant spiders and plastic body parts, he discovers the emotions behind her most disturbing and inspirational works. (T)
11.25 Film 2007 with Jonathan Ross. (T)
11.55 FILM: Tapeheads (1988). Cult musical comedy, with Tim Robbins and John Cusack. (T) Weatherview.
1.30 Celebrity Scissorhands. (T) 2.30 Sign Zone: See Hear. (R) (T) 3.00 Sign Zone: Mountain. (R) (T) 4.00 Sign Zone: Great British Journeys. (R) (T) 5.00 BBC News 24. (T)



BBC2

C4

6.00 CBeebies: Balamory. (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (R) (T) 9.20 Pingu. (R) 9.30 CBeebies Autumnwatch. (T) 10.00 Finley the Fire Engine. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: Watch. (R) (T) 10.45 Friends and Heroes. (T) 11.10 Eileny Queen. (R) (T) 12.00 What the Victorians Did for Us. (R) (T) 12.30 Working Lunch. (T) 1.00 Schools: Shakespeare: The Animated Tales. (R) (T) 1.30 Crawshaw's Watercolour Cruise. (R) (T) 1.55 Animal Park: Wild in Africa. (R) (T) 2.40 Escape to the Country. (R) (T) 3.40 Flog It! (T) 4.25 Food Poker. (T) 5.10 Weakest Link. (T) 5.55 Queen's Speech Broadcast. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Dragons' Den. Featuring a novelist with silver screen ambitions. (R) (T) 8.00 Autumnwatch 2007. Catching up with Jamie the Glasgow fox. Plus, Bill Oddie and Kate Humble present an update on the whooper swans, red deer and beavers. (T) 9.00 Classical Star. The five remaining candidates must work with professional conductors, composers and musicians as they perform in front their toughest audience yet for a place in the final three. (T) 10.00 The Grumpy Guide to Politics. (T) 10.30 Newsnight; Weather. (T) 11.20 Long Way Down. (R) (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

6.00 Grabbit the Rabbit. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Vocation, Vocation, Vocation; (T) 3 Minute Wonder. (R) (T) 10.00 Teen Tycoons; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Tricky Business Two; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Market. (R) (T) 3 Minute Wonder. (R) (T) 11.30 Day I Got the Sack. (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 FILM: The Magic of Ordinary Days (2004). Premiere. Melodrama, starring Kerl Russell. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rory Peck Awards 2007. The scandal of fake malaria medication in Africa. (R) 8.00 Property Ladder. Sarah Beeny meets two pairs of London property speculators who gambled on a smaller initial investment, meaning less risk and greater profits - with almost catastrophic results. (T) 9.00 Ramsay's Kitchen Nightmares. A struggling Scot's failing vegetarian venue in Paris. (T) 10.00 Brut Camp: Mums and Daughters. Hippy mum Helen and 14-year-old Chloe. (T) 11.05 Autopsy: Emergency Room. (T) 12.05 The Fanbanta Football Show. 12.40 UK Poker Tour. 1.40 KOTV. (T) 2.05 Urban Beach Tour. 2.35 Racing Rivals. (R) 3.00 Freepsports on 4. (R) 3.30 Triathlon. (R) 4.00 Channel 4 Education. (R)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Tunes. 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerots. (R) (T) 8.25 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Bear Attack. (R) (T) 1.30 FILM: A Cooler Climate (1999). Drama, starring Sally Field; (T) five news update. 3.30 FILM: Love Is Strange (1998). Touching drama, starring Kate Nelligan. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Penguin Adventure with Nigel Marven. 7.00 five news. (T) 7.30 Chris Barrie's Massive Engines. The use of steam engines as water pumps; (R) (T) 7.30 five news update. (T) 8.00 Ball Bombings: The True Story. New series. The worst act of terrorism ever in Asia; (T) 8.00 five news at 9. 9.00 CSI: Miami. A man is killed by a bear and the team believe he may have been set up as bait. Further investigations suggest the death is linked to the murders of a call-girl and her boyfriend. (T) 10.00 CSI: NY. An ex-con is found dead and lying in a pile of money. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Urban Legends. (T) 12.30 NBA Live. New York Knicks v Denver Nuggets (Tip-off 12.30am). 3.00 Football Italiano. 4.20 French Football - Le Championnat. 5.10 US Tour Golf.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)
5.00 The Great Pretender. Chris Tarrant hosts the game of bluff. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
6.55 Queen's Speech Broadcast. By the Labour Party. (T)
7.00 Emmerdale. Louise admits to Terry that her rebound date following her break-up with Jamie was a disaster, and is even more upset when she hears the true version of events about her ex from Amelia. Jack is furious when Victoria goes missing on the day of her court appearance and Marlon is dismayed to hear that Ross no longer loves his girlfriend. (T)
7.30 Live UEFA Champions League. Liverpool v Besiktas (Kick-off 7.45pm). Steve Rider introduces coverage of this evening's Group A match at Anfield, where the Reds need maximum points to maintain their last-16 hopes. (T)
10.00Summer of Noise. With noise pollution an increasing problem in neighbourhoods up and down Britain, this new documentary series shadows dedicated teams of noise control officers across the country. In Doncaster, there are noisy neighbours galore - including a man who's throwing a 2am party to celebrate getting out of prison - while a rock festival in East Anglia has residents up in arms. (T)
10.30ITV News; Weather. (T)
11.05UEFA Champions League Highlights. Jim Rosenthal presents action from this evening's matchday four fixtures, including Liverpool v Besiktas at Anfield, Schalke 04 v Chelsea at the Veltins-Arena and Celtic v Benfica at Celtic Park. All three British teams made it through to the knockout stages last season and victories in their respective games are crucial if they are to do so once again. Commentary by Clive Tyldesley, Peter Drury and Jon Rawling, with reports from Dave Beckett and Trevor Harris. (T)
12.05 Make Your Play; (T) ITV News Headlines. 4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.

LOCAL

Best of the Rest

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1435 Lingo
1530 Portugal No Coração 1745
Operação Triunfo 1945 Football:
Porto V Marselha 2130 Telesales
2100 A Guerra 2200 Sabe mais
do que um Miúdo de 10 Anos?
0045 Câmara Café 0145
Palavras pra Quê 0215 Trio D
Ataque 0415 Telesales 0605
Nós
RTP2
0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Sim, Amor
1600 Zig Zag 1700 National
Geographic 1815 Diário de Sofia
1830 A fé Dos Homens 1900
2010 1945 Zig Zag 2045 Todos
Contas o Chris 2115 National
Geographic 2200 News 2240
ER 2330 Animais Como nós
0030 Noites da 20115 Discovery
Hour 0215 Câmara Clara 0315
2010 0400 Sociedade Civil 0615
Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na Jaca
1900 Ganhar é Que se Gente
Se Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
Desperate Housewives 0215
Sex and the City 0330 Olhar da
Serpente
TVI
0700 Diário Da Manha 1000
Você na TV 1300 News 1400 As
Tardes da Júlia 1700 Quem
Quer Ganha 1800 Morangos
com Açúcar 2000 News 2115
Olha dos Amores 2215 Doc
Fugitiva 2315 Tu e Eu 0015 Film
TBA

BBC3
7.00 The Most Annoying TV
- We Hate to Love 8.00
Celebrity Scissorhands 9.00
Danny: Escaping My Female
Body 10.00 EastEnders
10.30 Spooks 11.30
Celebrity Scissorhands
12.30 Danny: Escaping My
Female Body 1.25 The Most
Annoying TV - We Hate to
Love 2.25 Celebrity
Scissorhands Uncut 4.40
Close
BBC4
7.00 World News Today 7.00
Weather 7.25 Pop Goes the
Sixties 7.35 Batman 8.00
Legends: Louis Prima 9.00
More Dawn French's Boys
Who Do Comedy 9.30 Flight
of the Conchords 10.00 The
History of the World
Backwards 10.30 Power
and Trip: Storyville 11.40
Wednesday: Storyville 1.10
More Dawn French's Boys
Who Do Comedy 1.40 The
History of the World
Backwards 2.10 Legends:
Louis Prima 3.10 More Dawn
French's Boys Who Do
Comedy 3.40 The History of
the World Backwards 4.10
Close
ITV2
1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40 Ricki
Lake 4.25 Sally Jessy
Raphael 5.10 Airline 5.40
Judge Judy 7.00 Streetmate
8.00 Saturday Night Divas
9.00 Film: Bridget Jones:
The Edge of Reason 15
(2004) 11.05 Secret Diary of
a Call Girl 11.35 Entourage
12.10 Film: Van Helsing 12
(2004) 2.35 Make Your Play
ITV Play 4.00 Teleshopping

6.00 Close
Sky One
1.00 Stargate SG-1 2.00
Stargate SG-1 3.00 Relic
Hunter 4.00 Stargate SG-1
5.00 Stargate SG-1 6.00
Futurama 6.30 The Simpsons
7.00 The Simpsons 7.30 The
Simpsons 8.00 Stargate
Atlantis 9.00 A Town Called
Eureka 10.00 A Town Called
Eureka 11.00 Road Wars
12.00 Inside Prisons 1.00
Star Trek: Voyager 1.50 Star
Trek: Voyager 2.40 Star Trek:
Voyager 3.30 Star Trek:
Voyager 4.20 Dream Team
5.10 Guilty!
UKTV Gold
1.10 Porridge 1.50 The Thin
Blue Line 2.30 Film: Columbo:
Requiem for a Falling Star PG
(1973) 4.00 Murder, She
Wrote 5.00 Only Fools and
Horses 5.40 Porridge 6.20
The Thin Blue Line 7.00 New
Tricks 8.00 New Tricks 9.00
Waking the Dead 11.15 New
Tricks 12.15 The Thin Blue
Line 12.55 The Royle Family
1.35 The Royle Family 2.15
The Afternoon Play 3.15
Comedy Connections 3.45
Close Up 3.55 Wogan: Now
and Then 4.45 Wogan: Now
and Then 5.35 Neighbours
TCM
1.00 The Prodigal PG (1955)
3.00 Travels with My Aunt PG
(1972) 4.55 Rhapsody U
(1954) 7.00 All the Fine Young
Cannibals PG (1960) 9.00 The
Dead Pool 18 (1988) 10.45
Pelle the Conqueror 15 (1987)
1.25 Savage Messiah 18
(1972) 3.05 Teleshopping
3.25 The Dead Pool 18 (1988)
The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

6.45 The Starter Wife 8.30 A
Good Woman PG (2004) 10.20
Columbo: Murder, Smoke and
Shadows PG (1989) 12.15
Coach Carter 12 (2005) With
Samuel L. Jackson. 2.35 The
Starter Wife 4.20 The Top 10
Show 4.35 Columbo: Murder,
Smoke and Shadows PG
(1989) With Peter Falk. 6.25
A Good Woman PG (2004)
With Helen Hunt. 8.00 Coach
Carter 12 (2005) With Samuel
L. Jackson. 10.20 Michael
Collins 15 (1996) With Liam
Neeson. 12.35 The Portrait
of a Lady 12 (1996) With
Nicole Kidman. 3.10
Swimming Upstream 12
(2004) 4.55 A Good Woman
PG (2004)

Sky Movies Comedy

6.20 The Honeymooners PG
(2005) 8.00 On the Nose 15
(2000) 9.50 The Top 10 Show
10.10 She's the Man 12
(2006) 12.00 American
Dreamz 12 (2006) With Hugh
Grant. 1.50 On the Nose 15
(2000) With Robbie Coltrane.
3.50 Bad News Bears 12
(2005) With Billy Bob
Thornton. 5.50 Mrs Doubtfire

PG (1993) With Robin
Williams. 8.00 She's the Man
12 (2006) With Amanda
Bynes. 10.00 American
Dreamz 12 (2006) With Hugh
Grant. 11.50 I'm Gonna Get
You Sucka 15 (1988) With
Keenen Ivory Wayans. 1.25
Bad News Bears 12 (2005)
With Billy Bob Thornton. 3.25
An Alan Smithee Film: Burn,
Hollywood, Burn 12 (1997)
4.55 The Honeymooners PG
(2005)

Sky Movies Action

6.00 Point Last Seen PG
(1998) 7.35 14 Hours 12
(2005) 9.15 Night Falls on
Manhattan 15 (1997) 11.15
The Game 15 (1997) With
Michael Douglas. 1.25
Deceived 15 (1991) With
Goldie Hawn. 3.15 14 Hours
12 (2005) With Rick
Schroder. 4.50 Revolver 15
(2005) With Jason Statham.
6.50 The Game 15 (1997)
With Michael Douglas. 9.00
Poseidon 15 (2006) With Kurt
Russell. 10.40 Deceived 15
(1991) With Goldie Hawn.
12.40 Domino 15 (2005) With
Keira Knightley. 3.00
Gridlock'd 18 (1997) With
Tupac Shakur. 4.35 Point
Last Seen PG (1998)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans
6.30 Good Morning Sports Fans
7.00 Good Morning Sports Fans
8.00 Good Morning Sports Fans
9.00 Big League Weekend
10.30 UEFA Champions League
11.00 UEFA Champions League
11.30 Big League Weekend
1.00 Soccer AM: The Best Bits
2.00 UEFA Champions League
2.30 UEFA Champions League
3.00 UEFA Champions League
3.30 UEFA Champions League
4.00 UEFA Champions League
4.30 UEFA Champions League
5.00 UEFA Champions League
5.30 UEFA Champions League
6.00 Revista De La Liga 7.00
Football 7.30 Soccer Special
10.00 Revista De La Liga 11.00
Football 11.30 A-League 12.00
Foot Brazil 12.30 Sports
Unlimited 1.30 Revista De La
Liga 2.30 A-League 3.00 Foot
Brazil 3.30 Football 4.00 Close

Sky Sports 2

6.00 Soccer AM: The Best Bits
6.30 Adrenaline 7.00 WWE:
Afterburn 8.00 Show Jumping
9.00 Adrenaline 9.30 Wild
Spirits 10.00 Airsports World
10.30 World Motor Sport 1.00
Airsports World 1.30 Poker
3.00 NFL 5.00 Motor Racing
5.30 BMX Supercross 6.00
European Challenge Tour Golf
7.00 Live UEFA Champions
League. Celtic v Benfica (Kick-
off 7.45pm). 10.30 Poker Million
12.30 NFL: Total Access 1.30
BMX Supercross 2.00 Rally
Fever 3.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30

Adrenaline 7.00 Aerobics Oz
Style 8.00 Soccer AM: The Best
Bits 9.00 Airsports World 9.30
Poker 11.00 Racing News 11.30
Aerobics Oz Style 12.00 Show
Jumping 1.00 NFL: Total Access
2.00 Adrenaline 2.30 World
Motor Sport 5.00 WWE:
Smackdown 7.00 NFL 9.00
European Challenge Tour Golf
10.00 Sports Unlimited 11.00
Rally Fever 12.00 BMX
Supercross 12.30 Motor Racing
1.00 Adrenaline 1.30
Powerboating 2.00 European
Challenge Tour Golf 3.00 Close

British Eurosport

7.30 French Rugby 8.00
Eurogals 8.45 UEFA
Champions League 9.45
WATTS 10.00 UEFA Champions
League 11.30 Live Beach
Soccer. Spain v Iran. 12.30
Weightlifting 1.00 WTA Tennis
2.00 Snooker 2.30 Live Snooker.
The Northern Ireland Trophy.
5.00 Eurogals 5.15 Live WTA
Tennis. The WTA Tour
Championships. 11.00 Beach
Soccer 12.00 Trial Bikes 12.30
Close

Sky Sports Xtra

6.00 Close 9.00 Hockey 10.00
Live World Pool Championship.
The fourth day at Araneta
Coliseum in Manila, Philippines.
5.40 Adrenaline 5.00 NFL: Total
Access 6.00 Adrenaline 6.30
Powerboating 7.00 Motor Racing
7.30 Live UEFA Champions
League. Shakhtar Donetsk v
AC Milan (Kick-off 7.45pm).
Plus, the option of five other
games on the interactive
service. 10.00 World Pool
Championship 4.30 Close



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PAT Care

See page 35

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Bargain Hunt; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Jakers! (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Sacred Temple. (R) (T) 4.30 Smart. (T) 5.00 Blue Peter. (T) 5.25 Newsworld. (T)

5.35 Neighbours. Carmella tells Oliver about her pregnancy. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Queen's Speech Response. By the Conservative Party. (R) (T)
7.00 The ONE Show. (T)
7.30 Inside Out. Documentary series focusing on stories of interest to the region. (T)

8.00 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T)

8.30 Rogue Traders. Matt Allwright and Dan Pentado investigate two patio companies charging thousands of pounds for final products laid so badly that they can be lifted away with minimal effort. Last in series. (T)
9.00 The Nature of Britain. Alan Titchmarsh explores wildlife native to the coasts of the UK, including the Arctic tern, whose chicks must mature within three months of hatching to survive their arduous migration to the Antarctic. In Cornwall, a cluster of mysterious caves provide shelter for a litter of grey seal pups, and the presenter encounters killer whales cruising along the Western Isles of Scotland. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. Kirsty Gallacher sets the balls rolling to decide the all-important numbers. (T)
10.45 One Life. (T)

11.30 Karma Babies. In celebration of the upcoming Festival of Light, the BBC follow a pair of Georgie families through their experience of pregnancy flavoured by the Hindu tradition. Anu and Sandeep enlist their local priest to help decide on a name for their expected baby, while new immigrants Nandish and Daksha brace themselves against the prospect of giving birth far from their families in India. (T)

12.05 FILM: Talk of Angels (1998). Romantic drama, starring Vincent Perez; (T) Weatherwise. 1.40 Celebrity Scissorhands. (T) 2.40 Sign Zone: Antiques Roadshow. (R) (T) 3.40 Sign Zone: The Truth About Property. (R) (T) 4.45 BBC News 24. (T)

LOCAL

RTP1

0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1700 Lingo
1800 Portugal em Directo 1900
Operação Triunfo 1905 O Preço
Certo 1955 Direto de Antena
2000 News 0100 Operação
Trinfo 0215 The Three
Musketeers (1948), film
Teleas 0605 N6s

RTP2

0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Sim, Amor
1600 Zig Zag 1700 National
Geographic 1815 Diário de Sofia
1830 a Fé dos Homens 1900
Biosfera 1945 Zig Zag 2045
Todos Contra o Chris 2115
national Geographic 2200 News
2240 24 2315 Bastidores 2330
Clube de Jornalistas 0030
Noites da 2 0115 Discovery
Hour 0215 Consigo 0245
Bastidores 0315 Biosfera 0400
Sociedade Civil 0600 Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na Jaca
1900 Ganhar é Que se Gente
Se Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0045
Filme TBA 0215 Sex and the City
0330 Olhar da Serpente

TVI

0700 Diário Da Manhã 1000
Você na TV 1300 News 1400 As
Tardes da Jólíia 1700 Que Quer
Ganha 1800 Morangos com
Açúcar - Férias de Verão 2000
News 2115 Ilha dos Amores
2215 Docu Fugitiva 2315 Tu e
Eu 0015 Filme TBA 0230 Toca a
Ganhar 0345 TVI Negócios 0400
O Portector IV 0500 Teleasles



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.00 Boogie Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (T) 7.00 CBBC: Pitt & Kantrap. (R) (T) 7.25 Newsworld. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (R) (T) 9.20 Pingu. (R) 9.30 CBeebies Autumnwatch. (T) 10.00 Finley the Fire Engine. (T) 10.15 Numberjacks. (R) (T) 10.30 The Flying Gardener. (R) (T) 10.45 Family Xchange. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Coast. (T) 2.10 Animal Park: Wild in Africa. (T) 2.40 Escape to the Country. (R) (T) 3.40 Flog It! (R) (T) 4.25 Food Poker. (T) 5.10 Weakest Link. (T) 5.55 Queen's Speech Response. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Top Gear. The team travel to Africa where they are challenged to buy a second hand car costing no more than #1500 and in no way designed to go off road and drive across the wilds of Botswana. (R) (T) 8.00 Autumnwatch 2007. Simon King attempts to track down wild boar. (T) 9.00 Heroes. Nathan meets the mysterious Linderman. (T) 9.45 Heroes Unmasked. The show's interweaving storylines. (T) 10.00 Never Mind the Buzzcocks. With Alan Davies and Nerina Pallot. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Man Stroke Woman. (R) (T) 11.50 Culture Show Special: Sigur Ros. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (R) (T)

C4

6.00 Grabbit the Rabbit. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Vocation, Vocation. (T) 3 Minute Wonder. (R) (T) 10.00 Teen Tycoons; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Tricky Business; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Market; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Day! Got the Sack; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 Great British Brands. (R) (T) 1.45 FILM: McBride: Dogged (2007). Premiere. Mystery, starring John Larroquette. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rory Peck Awards 2007. Somali cameraman Farah Roble Aden discusses his work. (T) 8.00 Selling Houses Abroad. Andrew Winter travels to Europe on a mission to rescue British expats from property disasters, and reveals the results of a survey about other foreign housing problems. (R) (T) 9.00 The Secret Millionaire. New series. Philanthropists search for lives they can change. (T) 10.00 Love Trap. New series. Men from around the world compete to attract a woman. (T) 11.05 Ramsay's Kitchen Nightmares. (R) (T) 12.10 Studio 60 on the Sunset Strip. (T) 1.10 Studio 60 on the Sunset Strip. (T) 2.10 Your Face or Mine? (R) (T) 2.35 FILM: The Crazyes (1973). Sci-fi horror, starring Lane Carroll. (T) 4.30 Headland. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Valley. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerdolls. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Snake Attack. (R) (T) 1.25 FILM: Mary Higgins Clark's Lucky Day (2002). Suspense thriller, starring Amanda Donohoe. (T) 3.25 five news update. 3.30 FILM: Open Heart (2004). Medical drama, starring Raoul Bheeneja. 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Penguin Adventure with Nigel Marven. 7.00 five news. (T) 7.30 Binge Britain: Diet Doctors Specials. A former Olympic swimmer must eat eight bars of chocolate a day; (T) 7.30 five news update. (T) 8.00 Diet Doctors: Inside and Out. An overweight woman who suffers from allergic reactions; (T) 8.00 five news at 9. 9.00 FILM: Just Cause (1995). Uneven thriller, starring Sean Connery as a legal expert who uncovers disturbing evidence of police brutality. With Laurence Fishburne and Kate Capshaw. (T) 11.00 Pleasure for Sale. (T) 12.05 Poker World Open III. 1.35 NHL Ice Hockey. 3.45 Boxing Classic. 4.20 ITU Triathlon. 5.10 The X Games.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Great Pretender. Answering the questions correctly is only half the challenge in this new show, as Chris Tarrant hosts the ultimate game of duplicity and bluff in which it's best not to appear too clever. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
6.55 Queen's Speech Response. By the Conservative Party. (T)

7.00 Emmerdale. Matthew confronts Katie and demands to know what's happening with Percy and is shocked when he learns what is really going on. Jonny tries to suggest wedding dates to a distracted Paul and Ashley grows increasingly frustrated with Hilary after she tells him off following his frolics with Laurel. (T)

7.30 Coronation Street. Violet grows concerned by Sean's attentiveness over her bump and reaches the end of her tether when she learns he has told all and sundry the sex of her unborn baby. A heartbroken Sarah is at her wit's end when David prepares to return to the salon, and Jodie can't forgive Jerry for pinning the blame for Finlay's accident on her. (T)

8.00 Trinny & Susannah Underress The Nation. New series. Trinny Woodall and Susannah Constantine go out and about, pulling no punches as they wage a concerted campaign to tackle the nation's fashion disasters and smarten up sloppy dressers. They begin by devoting a wet bank holiday Monday to the mammoth task of ensuring 1,000 women are wearing a properly fitted bra. (T)

9.00 Happy Birthday Bafta. Gala event presented by Michael Parkinson and Joanna Lumley, celebrating the best in film and TV from the past six decades. Among the stars appearing are Halle Berry, Robert Carlyle, Richard Attenborough and Stanley Baxter. Comedy duo Armstrong and Miller also appear, re-creating a classic Morecambe and Wise sketch, and Victoria Wood performs a new routine. Music is provided by Celine Dion and Andrea Bocelli. (T)

10.30 ITV News; Weather. (T)

11.05 Real Crime. Report on the case of Antoni Imiela, the man known as the M25 rapist, following the police investigation into the attacks across the south of England. (R) (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightvision.

Best of the Rest

BBC3

7.00 The Most Annoying TV - We Hate to Love 8.00 Celebrity Scissorhands 9.00 Drop Dead Gorgeous 10.00 Heroes 10.45 Celebrity Scissorhands 11.40 The Most Annoying TV - We Hate to Love 12.40 Drop Dead Gorgeous 1.40 Celebrity Scissorhands Uncut 3.55 Danny: Escaping My Female Body 4.55 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 Visions of the Future 9.00 George Melly's Last Stand 10.00 The Nature of Britain: A User's Guide 11.00 Silbury: The Heart of the Hill 12.00 Are We Having Fun Yet? 1.00 Are We Having Fun Yet? 2.00 Are We Having Fun Yet? 3.00 The Nature of Britain: A User's Guide 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 Hell's Kitchen USA 8.00 Hell's Kitchen USA 9.00 Film: Van Helsing 12 (2004) 11.30 Coronation Street 12.00 Katy Brand's Big Ass Show 12.30 Hollywood Lives 1.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1

5.00 Stargate SG-1 6.00 Futurama 6.30 The Simpsons 7.00 The Simpsons 7.30 Live UEFA Champions League 10.00 Ross Kemp on Gangs 11.00 Road Wars 12.00 Law & Order 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty! UKTV Gold

1.10 Porridge 1.50 The Thin Blue Line 2.30 Film: Columbo: Double Shock U (1973) 4.00 Murder, She Wrote 5.00 Only Fools and Horses 5.40 Porridge 6.20 The Thin Blue Line 7.00 New Tricks 8.00 New Tricks 9.00 New Tricks 10.00 Shark 11.00 New Tricks 12.00 The Thin Blue Line 12.40 The Royle Family 1.20 Prison Break 2.15 The Afternoon Play 3.15 Comedy Connections 3.45 Jim'll Fix It Strikes Again 4.15 Jim'll Fix It Strikes Again 4.45 Wogan: Now and Then 5.35 Neighbours

TCM

1.00 The Time Machine PG (1960) 3.00 Come Fly with Me U (1963) 4.55 Signpost to Murder PG (1965) 6.15 Where Eagles Dare PG (1968) 9.00 The Searchers U (1956) 11.05 Slitheen 15 (1973) 12.50 Appointment 12 (1969) 2.45 Teleshopping 3.00 The Night of the Iguana 15 (1964)

The Disney Channel Kids' programmes from 7am, except:

Sky Movies Drama

6.30 The Starter Wife 8.05 Little Man Tate PG (1991) 9.50 Made in Heaven PG (1987) 11.40 Columbo: Sex and the Married Detective 15 (1989) With Peter Falk. 1.20 Little Man Tate PG (1991) With Jodie Foster. 3.05 The Starter Wife 4.35 Columbo: Sex and the Married Detective 15 (1989) With Peter Falk. 6.15 Made in Heaven PG (1987) With Timothy Hutton. 8.00 The Lake House PG (2006) With Sandra Bullock. 9.45 Brokeback Mountain 15 (2005) With Heath Ledger. 12.05 Sunday, Bloody Sunday 15 (1971) With Glenda Jackson. 2.05 The Doctor 15 (1991) With William Hurt. 4.25 The Clinic PG (2004)

Sky Movies Comedy

6.35 Nina's Heavenly Delights PG (2006) 8.20 Family Close Up 8.50 Herbie: Fully Loaded U (2005) 10.35 Str Crayz 15 (1980) 12.40 Six Days, Seven Nights PG (1998) With Harrison Ford. 2.40 The Thing About My Folks 12 (2005) With Paul Reiser. 4.30 Herbie:

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

MOVIES

Fully Loaded U (2005) With Lindsay Lohan. 6.15 Sky High PG (2005) With Kurt Russell. 8.00 Six Days, Seven Nights PG (1998) With Harrison Ford. 10.00 Stir Crazy 15 (1980) With Gene Wilder. 11.55 The Thing About My Folks 12 (2005) With Paul Reiser. 1.35 Twin Town 18 (1997) With Rhys Ifans. 3.15 Max Rules: Adventures of a Superspy PG (2005) 4.40 Sky High PG (2005)

Sky Movies Action

6.10 Too Close to Home (1997) 7.55 The Perfect Nanny 15 (1999) 9.45 Red Eye 12 (2005) 11.25 Chill Factor 15 (1999) With Cuba Gooding Jr. 1.20 Virtuosity 15 (1995) With Denzel Washington. 3.20 Red Eye 12 (2005) With Rachel McAdams. 5.00 Mr & Mrs Smith 15 (2005) With Brad Pitt. 7.05 Chill Factor 15 (1999) With Cuba Gooding Jr. 9.00 Virtuosity 15 (1995) With Denzel Washington. 10.50 Mr & Mrs Smith 15 (2005) With Brad Pitt. 12.55 Foxy Brown 18 (1974) With Pam Grier. 2.30 Coffy 18 (1973) With Pam Grier. 4.15 Too Close to Home (1997)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 6.30 Good Morning Sports Fans 7.00 Good Morning Sports Fans 8.00 Good Morning Sports Fans 9.00 Revista De La Liga 10.00 Football 10.30 Foot Brazil 11.00 Revista De La Liga 12.00 Football 12.30 Foot Brazil 1.00 Revista De La Liga 2.00 UEFA Champions League 2.30 UEFA Champions League 3.00 UEFA Champions League 3.30 UEFA Champions League 4.00 UEFA Champions League 4.30 UEFA Champions League 5.00 UEFA Champions League 5.30 UEFA Champions League 6.00 Total Rugby 6.30 European Tour Weekly 7.00 Futbol Mundial 7.30 Soccer Special 10.00 You're on Sky Sports! 11.30 Futbol Mundial 12.00 Live International Cricket. Australia v Sri Lanka.

Sky Sports 2

6.00 Revista De La Liga 7.00 WWE: Heat 8.00 Sports Unlimited 9.00 Adrenaline 9.30 Powerboating 10.00 Poker Million 12.00 BMX Supercross 12.30 Powerboating 1.00 Motor Racing 1.30 Rally Fever 2.30 Powerboating 3.00 Poker Million 5.00 Foot Brazil 5.30 A-League 6.00 Live UEFA Champions League. Manchester United v Dynamo Kiev (Kick-off 7.45pm). 11.00 NFL: Total Access 12.00 Total Rugby 12.30 European Tour Weekly 1.00 Poker Million 3.00 NFL: Total Access 4.00 Live European Tour Golf. The HSBC Championship.

Sky Sports 3

6.00 Aerobics Oz Style 6.30

Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 A-League 8.30 Foot Brazil 9.00 Rally Fever 10.00 European Challenge Tour Golf 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Sports Unlimited 1.00 NFL: Total Access 2.00 Adrenaline 2.30 BMX Supercross 3.00 European Challenge Tour Golf 4.00 Sports Unlimited 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Powerboating 7.30 Total Rugby 8.00 Polo 9.00 European Tour Weekly 9.30 Total Rugby 10.00 Watersports World 11.00 Transworld Sport 12.00 Carp Fest 2007 1.00 Polo 2.00 Max Power 3.00 You're on Sky Sports! 4.30 Irish Greyhound Racing 5.00 Close

British Eurosport

7.30 WATTS 7.45 New York Marathon 9.00 Tatiana's World 9.15 MotoGP 10.00 Snooker 11.00 Trial Bikes 11.30 Live Beach Soccer. France v Argentina. 12.30 UEFA Cup Football 1.00 WTA Tennis 2.30 Live Snooker. The Northern Ireland Trophy. 5.00 Eurogoals 5.15 Live WTA Tennis. The WTA Tour Championships. 11.00 Beach Soccer 12.00 French Rugby 12.30 Close

Sky Sports Xtra

10.00 Live World Pool Championship. The fifth day at Araneta Coliseum in Manila, Philippines. 4.30 Adrenaline 5.00 NFL: Total Access 6.00 Irish Greyhound Racing 6.30 Carp Fest 2007 7.30 Live UEFA Champions League. Barcelona v Rangers (Kick-off 7.45pm). Plus, the option of seven other games on the interactive service. 10.00 World Pool Championship 4.30 Polo

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: The Cramp Twins. (R) (T) 3.45 The Secret Show. (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Hedz. (T) 5.00 Chute. (T) 5.25 Newsround. (T)

5.35 Neighbours. Oliver breaks the news to Elle about Carmella's pregnancy, leaving her devastated and lacking the will or strength to fight for their relationship. Karl begins his investigation into his employers and Frazer spends a final day with Ringo in the country. Ned and Janae struggle for some privacy. (R) (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 6.55 Queen's Speech Response. By the Liberal Democrats. (R) (T)

7.00 The ONE Show. (T) 7.30 EastEnders. Ronnie is furious to learn the identity of the new club owner, but he finds a way to placate her. Pat makes a surprising decision when she visits Steven at the clinic. Jane is annoyed to discover Ian has been lying about her condition, and Sean's frustrations with his mum send him back to the Square. (T)

8.00 Waterloo Road. Donte pays Brett a visit after finding him in bed with Chlo and proceeds to beat him up. News of the liaison spreads like wildfire through the school, and after Donte reveals the awful truth to Mika, Chlo heads home to pack her bags. Meanwhile, Jack takes Davina out for lunch, determined to come clean about his one-night stand with Steph, but loses his nerve. (T)

9.00 The Street. New series of Jimmy McGovern's drama set in the north of England. Joe Jennerman can't resist taking on the role of his identical twin brother Harry when he chokes on a sweet and dies. Stepping into the shoes of his sibling, Joe leaves behind his wife and dead-end job, and settles into a comfortable, bachelor lifestyle - but knows he can't keep up his pretence for ever. Starring Timothy Spall and David Thewlis. (T)

10.00 BBC News at Ten O'Clock. (T) 10.25 Regional News; Weather. (T) 10.35 Question Time. (T) 11.35 This Week; (T) Holiday Weather. 12.25 Celebrity Scissorhands. (T) 1.25 Sign Zone: Panorama. (R) (T) 2.25 Sign Zone: Who Do You Think You Are? (R) (T) 3.25 Sign Zone: Nigella Express. (R) (T) 3.55 Sign Zone: Michael Palin's New Europe. (R) (T) 4.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Pingu. (R) (T) 9.30 CBeebies Autumnwatch. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: Big Slam Poetry. (T) 10.50 BBC Primary Geography. (T) 11.10 Look and Read. (T) 11.30 Let's Write a Story. (T) 11.45 Pod's Mission. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Bowls: International Open. Today's second-round matches on day five in Sheffield. (T) 3.10 Escape to the Country. (R) (T) 3.40 Flog It! (T) 4.25 Food Poker. (T) 5.10 Weakest Link. (T) 5.55 Queen's Speech Response. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Rick Stein's Mediterranean Escapes. Fishing in Sardinia and travelling to Palermo, Sicily. (R) (T) 8.00 Autumnwatch 2007. Simon King tracks down a rutting wild boar. (T) 9.00 The Life and Times of Vivienne Vyle. Jared lands himself in trouble with the Press. Last in series. (T) 9.30 The Peter Serafinowicz Show. Acting students are taught the art of comedy. Last in series. (T) 10.00 The Graham Norton Show. With KT Tunstall and Frankie Boyle. (T) 10.30 Newsnight; Weather. (T) 11.20 Heroes. (R) (T) 12.05 Bowls Extra. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

The Killer in Me, ITV1, 9pm

Fascinating programme charting the journeys taken by several famous faces as they undergo a DNA test to find out which common killers could be hidden within their genes. The stars in the spotlight are: GMTV presenter Fiona Phillips, former England footballer John Barnes, Heart FM disc jockey Toby Anstis and political presenter Andrew Neil. The test, developed by Dr Paul Jenkins, senior clinical researcher at Queen Mary's School of Medicine, is designed to reveal an individual's susceptibility to a host of life-threatening medical conditions including heart disease, cancer and Alzheimer's. However, the decision to confront the secrets hidden in your genes isn't always an easy one. Mum of two, Fiona Phillips, saw her own mother battle breast cancer, finally losing her to Alzheimer's after an eight-year fight, so the test could unlock the key to her own fate, but should she take the step to find out whether she has inherited her mother's problems? John Barnes has a family history of heart disease and prostate cancer, while fitness-fanatic Toby Anstis was adopted as a baby so wants some concrete clues about his own biological inheritance. What will they all discover?

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Vocation, Vocation, Vocation! (T) 3 Minute Wonder. (R) (T) 10.00 Teen Tycoons. (R) (T) 3 Minute Wonder. (R) (T) 10.30 Tricky Business. (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Market. (R) (T) 3 Minute Wonder. (R) (T) 11.30 Day I Got the Sack; (R) (T) National Gallery. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 Supporting Acts. (R) (T) 1.40 FILM: Drive Time Murders (2001). Premiere. Action comedy, starring Cameron Daddo. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rory Peck Awards 2007. Film-maker Gwynne Roberts remembers his colleague John Williams. Last in series. (T) 8.00 River Cottage: Gone Fishing. New series. Hugh Fearnley-Whittinghall searches for alternative seafood. (T) 9.00 The Mummy Diaries. New series. A clinical psychologist who helps dying mothers say goodbye to their children. (T) 10.00 Without a Trace. A woman disappears after an exorcism. (T) 11.00 Shameless. (R) (T) 12.05 4Music: Ibiza Rocks. 12.35 4Music: Dubplate Drama. (T) 1.00 FILM: Hyderabad Blues 2 (2004). Premiere. Drama sequel, starring Nagesh Kukunoor. 3.10 My New Home. (R) (T) 4.10 3 Minute Wonder: North Circular Stories. (R) (T) 4.15 3 Minute Wonder: North Circular Stories. (R) (T) 4.20 Dispatches: The Housing Trap. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerrots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Tiger Attack. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Heart Full of Rain (1997). Drama, starring Rick Schroder. (T) 3.30 five news update. (T) 3.40 Live UEFA Cup Football. Hapoel Tel-Aviv v Tottenham Hotspur (Kick-off 4.00pm). 5.55 Live UEFA Cup Football. Bayern Munich v Bolton Wanderers (Kick-off 6.00pm). 8.00 Live UEFA Cup Football. FC Nurnberg v Everton (Kick-off 8.05pm). This evening's Group A match comes from the easyCredit-Stadion, where the Toffees have a tough job on their hands against a strong German side. 10.10 Californication. (T) 10.50 30 Rock. (T) 11.20 A Girl's Guide to 21st Century Sex. (R) (T) 12.05 Quiz Call. 4.00 Dutch Football. 5.10 Football Argentina Highlights.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Great Pretender. Chris Tarrant hosts the game of bluff - part quiz and part psychological face-off - in which it's best not to appear too clever. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 6.55 Queen's Speech Response. By the Liberal Democrats. (T)

7.00 Emmerdale. Perdy snaps at Katie as the pressures of the surrogacy increase. Emily is unhappy about Jonny and Paul's plans for a church service and Lily arranges a drink with Doug. (T)

7.30 How London Was Built. New series. Adam Hart-Davis examines the city's most infamous jails, including the Tower of London and Wandsworth Prison, looking at some of the punishments inmates had to endure. (T)

8.00 The Bill. Questioned for beating up school-boy Paul Herriot, irate father Bryce Lucas admits to Ben and Mickey he did so because he had been sent a videotape of the boy sexually assaulting his daughter - a pupil at the same school. Further investigation uncovers a cycle of abuse involving the disturbed youngster, but his story doesn't quite add up and there are further shocks in store, even for Sun Hill's most worldly wise officers. (T)

9.00 The Killer in Me. Four celebrities undergo a groundbreaking genetic test that will reveal the potentially fatal diseases lurking in their genes. GMTV presenter Fiona Phillips, former England footballer John Barnes, political commentator Andrew Neil and Heart FM DJ Toby Anstis will find out their susceptibility to 11 diseases, including cancer, heart disease and Alzheimer's. (T) 10.00 Police, Camera, Action! Adrian Simpson details an audacious new scam in which cars are taken from their owners by violent means, then cloned so the public can be duped into buying them. (T)

10.30 ITV News; Weather. (T) 11.05 Frost Tonight. (T) 11.35 Q-Cars - Robbery Squad. Metropolitan Police observe a vehicle believed to contain a gunman from an unmarked car.

Follow officers pursue a robber through the back streets of Tottenham, while detectives drive a robbery victim around in an attempt to identify her assailants. (R) 12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1435 A Vizinha do Lado, film 1530 Portugal no Coração 1800 Portugal em Directo 1855 Operação Triunfo 1910 O Preço Certo 2000 News 2100 Grande Entrevista 2145 Safe Mais do que Um Mudo de 10 Anos? 2245 A Tempestade 0045 Câmara Acadê 0115 Palavras para Quê...? 0200 Joe Versus The Volcano, film 0400 Teleales 0605 Nôs

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Crime 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animals Como Nós 0030 Notícias da 2 0130 Roma 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1600 Film TBA 1800 Film TBA 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0245 Sex in the City 0315 Film TBA

TVI
0700 Diário Da Manhã 1000 Voo na TV 1300 News 2400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açúcar 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2300 Te e Eu 0100 Esportivo 0200 Cartaz das Artes 0230 Toca a Ganhar 0345 TVI Negócios 0400 Protector IV 0445 Teleales

Best of the Rest

BBC3
7.00 The Most Annoying Pop Songs We Hate to Love 8.00 Celebrity Scissorhands 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 Little Britain 11.00 Celebrity Scissorhands 12.00 Don't Tell the Bride 12.55 The Most Annoying Pop Songs We Hate to Love 1.55 Celebrity Scissorhands Uncut 4.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Doctors to Be: Twenty Years On 8.00 The Twenties in Colour 9.00 The Genius of Photography 10.00 Nation on Film 10.30 The Late Edition 11.00 Party Animals 11.50 Doctors to Be: Twenty Years On 12.20 The Genius of Photography 1.20 The Twenties in Colour 2.20 The Dodo's Guide to Surviving Extinction 3.20 The Genius of Photography 4.20 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 Trinny & Susannah Undress The Nation 9.00 Streetmate 10.00 Secret Diary of a Call Girl 10.30 Entertainment 11.00 The Black Donnellys 12.00 Secret Diary of a Call Girl 12.30 Entourage 1.00 Make Your Play; ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Stargate SG-1 2.00

Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Futurama 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Cirque - Backstage at the Big Top 9.00 Bones 10.00 Journeyman 11.00 Prison Break 12.00 Road Wars 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 GUILTY!

UKTV Gold
1.10 Porridge 1.50 The Thin Blue Line 2.30 Film: Columbo: Lovely But Lethal PG (1973) 4.00 Murder, She Wrote 5.00 Only Fools and Horses 5.40 Porridge 6.20 The Thin Blue Line 7.00 New Tricks 8.00 New Tricks 9.00 Jonathan Creek 10.30 New Tricks 11.30 The Thin Blue Line 12.10 The Royle Family 1.30 The Royle Family 1.30 Prison Break 2.25 The Afternoon Play 3.25 The Lenny Henry Show 3.55 Wogan: Now and Then 4.45 Wogan: Now and Then 5.35 Neighbours

TCM
1.00 Ziegfeld Follies U (1945) 3.00 One, Two, Three U (1961) 5.10 The Tall Target U (1951) 6.30 2001: A Space Odyssey U (1968) 9.00 Mad Max 18 (1979) 10.45 Point Blank 18 (1967) 12.20 The Night Digger 15 (1971) 2.20 Teleshopping 2.40 2001: A Space Odyssey U (1968)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.05 A Father's Son PG (1999) 7.45 The Starter Wife 9.25 A Wing and a Prayer 15 (1998) 11.05 Columbo: Strange Bedfellows PG (1995) With Peter Falk. 12.50 Up Close and Personal 15 (1996) With Michelle Pfeiffer. 3.00 The Starter Wife 4.40 Columbo: Strange Bedfellows PG (1995) With Peter Falk. 6.20 A Wing and a Prayer 15 (1998) With Claudia Christian. 8.00 Up Close and Personal 15 (1996) With Michelle Pfeiffer. 10.10 Stay 18 (2005) With Ewan McGregor. 11.55 Kundun 12 (1997) With Tenzin Thuthob Tsarong. 2.20 A Taste of Honey 15 (1961) With Rita Tushingham. 4.20 A Time to Decide PG (2000)

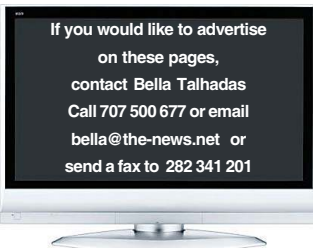
Sky Movies Comedy

6.20 City Slickers II: The Legend of Curly's Gold 12 (1994) 8.20 Walk, Don't Run U (1966) 10.15 Krippendorf's Tribe 12 (1998) 11.55 The Wedding Singer 12 (1998) With Adam Sandler. 1.35 The Ice Harvest 15 (2005) With John Cusack. 3.05 Police Academy 6: City Under Siege PG (1989) With B u b b a Smith. 4.35 Bean PG (1997) With R o w a n Atkinson. 6.10 Shopgirl 15 (2005) With Claire Danes. 8.00 The Wedding Singer 12

(1998) With Adam Sandler. 9.40 City Slickers II: The Legend of Curly's Gold 12 (1994) With Billy Crystal. 11.45 Shopgirl 15 (2005) With Claire Danes. 1.35 The Ice Harvest 15 (2005) With John Cusack. 3.05 Krippendorf's Tribe 12 (1998) 4.40 Bean PG (1997)

Sky Movies Action

6.00 Volcano: Fire on the Mountain PG (1997) 7.45 The Escapist 15 (2001) 9.30 Turbulence 2: Fear of Flying 15 (1999) 11.25 No Way Out 15 (1997) With Kevin Costner. 1.30 Big Trouble in Little China 15 (1986) With Kurt Russell. 3.15 The Escapist 15 (2001) With Jonny Lee Miller. 5.00 Doom 15 (2005) With The Rock. 7.00 No Way Out 15 (1997) With Kevin Costner. 9.00 Big Trouble in Little China 15 (1986) With Kurt Russell. 10.45 Doom 15 (2005) With The Rock. 12.45 Kiss the Girls 18 (1997) With Morgan Freeman. 2.45 Streets of Fire 15 (1984) With Michael Pare. 4.25 Volcano: Fire on the Mountain PG (1997)



Sky Sports 1

6.00 Live International Cricket. Australia v Sri Lanka. 7.30 Total Rugby 8.00 Live International Cricket. South Africa v New Zealand. Coverage continues on the interactive service. 9.00 Live International Cricket. India v Pakistan. 5.30 Transworld Sport 6.30 Futbol Mundial 7.00 Premier League World 7.30 Live Victory Shield Football. Northern Ireland v Scotland (Kick-off 8.00pm). 10.00 International Cricket 12.00 Live International Cricket. Australia v Sri Lanka.

Sky Sports 2

6.00 Live European Tour Golf. The HSBC Championship. 8.00 Watersports World 9.00 Adrenaline 9.30 Irish Greyhound Racing 10.00 Transworld Sport 11.00 Carp Fest 2007 12.00 Total Rugby 12.30 FIFA Futbol Mundial 1.00 European Tour Golf 5.00 Sports Adventure 5.30 Netball 7.30 Live European Rugby Union. Sale v Sharks v Montpellier (Kick-off 7.45pm). 10.00 Premier League World 10.30 NFL: Total Access 11.30 Premier League World 12.00 Victory Shield Football 1.30 Hockey 2.30 Race World 3.30 Premier League World 4.00 Live European Tour Golf. The HSBC Championship.

Sky Sports 3

6.00 Good Morning Sports Fans 6.30 Good Morning Sports Fans 7.00 Good Morning Sports Fans 8.00

Good Morning Sports Fans 9.00 FIFA Futbol Mundial 9.30 Total Rugby 10.00 Watersports World 11.00 Racing News 11.01 Aerobics Oz Style 12.00 Polo 3.00 NFL: Total Access 2.00 Adrenaline 2.30 FIFA Futbol Mundial 3.00 Watersports World 4.00 Carp Fest 2007 5.00 WWE: Heat 6.00 Powerboating 6.30 Race World 7.30 Live Greyhound Racing. The Blue Square Cup Final. 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 Poker Week 1.30 European Rugby Union 4.00 Race World 4.30 Close

British Eurosport

7.30 UEFA Cup Football 8.00 Live Tennis. The Hopman Cup Asian qualifying matches. 10.00 UEFA Cup Football 10.30 UEFA Cup Football 11.00 UEFA Cup Football 11.30 Live Beach Soccer. Coverage of the World Cup quarter-finals. 12.30 UEFA Cup Football 1.00 WTA Tennis 2.30 Live Snooker. The Northern Ireland Trophy. 5.00 Eurogals 5.15 Live WTA Tennis. The WTA Tour Championships. 11.00 UEFA Champions League 12.45 Close

Sky Sports Xtra

8.00 Polo 9.00 Carp Fest 2007 10.00 Live World Pool Championship. The sixth day at Araneta Coliseum in Manila, Philippines. 4.30 Adrenaline 5.00 NFL: Total Access 6.00 ATP Tennis 6.30 Cricket 7.30 International Cricket 9.30 Golf Night 11.30 World Pool Championship

IMMEDIACY!

What could it do for your business?

An advert in the TV guide is a very powerful tool. It will be read by thousands of potential clients with high spending power. How can we be so sure? Have you seen the price of a reasonable satellite system to receive the above programmes? These are people who have high exposure for one day. Use them properly for really powerful results... A special offer for the next day, a discount if you eat at your restaurant that evening, an event that follows within a day or two.

Call these adverts time bombs - you can plan them to 'go off' on a particular day of the week. That's powerful advertising, which is what you expect from The Portugal News Call Bella on 707 500 677 for information and suggestions on how you could use these spots to create extra business for you!

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Jakks! (R) (T) 3.50 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 The Basil Brush Show. (R) (T) 5.00 Trapped. (T) 5.25 Newsround. (T)

5.35 Neighbours. Karl is caught by his PA rifling through someone else's office, but is surprised by her reaction. Frazer contemplates starting a family with Rosie while she gets another offer of a different nature. Ringo returns home to Ramsay Street and Miranda pleads with Bridget to reveal her son's whereabouts. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 A Question of Sport. With 1997 snooker world champion Ken Doherty, footballer Gary Speed, former World Superbikes champion Carl Fogarty and ex-Scotland rugby union international Gregor Townsend. (T)

8.00 EastEnders. Steven returns to the Square, intent on making his peace with Ian. Jane confides in Tanya about her recent troubles and Jase makes arrangements for Jay while he's away. (T)

8.30 The Green Green Grass. Boycie voices his woes when he is forced to pay his mother-in-law a visit. Bryan begins to mope about Myrtle, forcing Elgin, Jed and Mrs Cakeworthy to take desperate measures. (T)

9.00 Have I Got News for You. (T)

9.30 The Armstrong & Miller Show. The forecaster on a breakfast TV show gets the blame for a run of bad weather, with viewers demanding the ultimate sacrifice. The politically incorrect sat-nar gives a hapless driver its frank views on the state of the nation, while the host of a dinner party inconveniently chops his own hand off while preparing buttered squash. Comedy sketch show, starring Alexander Armstrong and Ben Miller. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. Anthony Hopkins discusses his latest role in Robert Zemeckis' adaptation of epic poem Beowulf. Jimmy Carr talks about his latest stand-up DVD, and music is provided by American rockers Foo Fighters, performing the single Long Road to Ruin from their new album Echoes, Silence, Patience & Grace. (T)

11.35 FILM: The Last Castle (2001). Thriller, starring James Gandolfini. (T) Weatherview. (T)

1.45 Celebrity Scissorhands. (T) 2.45 Sign Zone: Top Gear. (R) (T) 3.45 Sign Zone: You Can't Fire Me, I'm Famous. (R) (T) 4.30 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (T) 7.00 CBBC: Pitt & Kantrap. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Pingu. (R) (T) 9.30 CBeebies Autumnwatch. (T) 10.00 Finley the Fire Engine. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 BBC Primary History. (R) (T) 11.10 Maths Channel. (R) (T) 11.20 Maths Channel. (R) (T) 11.30 What? Where? Why? How? (T) 11.45 Something Special. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Bowls: International Open. This afternoon's quarter-final matches on day six in Sheffield. (T) 3.15 Escape to the Country. (R) (T) (S) 3.45 Flog It! (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Run on the Bank: Northern Crock. Part one of two. The Northern Rock crisis. (T) 7.30 Never Say Die. A woman learns the truth behind a photo from a PoW camp. (T) 8.00 A Passion for Plants. Verbasiums make their first appearance. (R) (T) 8.30 Gardeners' World. Tending to the garden during the winter months. Last in series. (T) 9.00 The Tudors. Henry is displeased with the Catholic Church. (T) 10.00 QI. Comedy panel game, with Stephen Fry. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.40 Blast. (T) 12.45 Bowls Extra. (T) 2.10 Star Trek: The Next Generation. (R) (T) 2.55 Star Trek: The Next Generation. (R) (T) 3.40 Close.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Vocation, Vocation, Vacation: (T) 3 Minute Wonder. (R) (T) 10.00 Teen Tycoons; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Tricky Business; (R) (T) Inuit Olympics. (R) (T) 11.00 The Market: (R) (T) 3 Minute Wonder: Is It Just Me. (R) (T) 11.30 Day I Got the Sack; (R) (T) National Gallery. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (T) 1.30 The 1.30 Great British Brands. (R) (T) 1.50 FILM: Odd Girl Out (2005). Emotional drama, starring Alexa Vega. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. A report from Jaffna on Sri Lanka's 30-year civil war, as a new nationalist government attempts to drive the Tamil Tigers, a secessionist corps, from the north of the country. (T) 8.00 A Place in the Sun: Home or Away. Searching for properties in Brecon Beacons and Provence. (T) 9.00 Ugly Betty. Daniel has a meeting with a lusty advertiser. (T) 10.00 My Name Is Earl. A teacher's dedication impresses Earl. (T) 10.30 Comedy Showcase: Free Agents. (T) 11.05 Father Ted. (R) (T) 11.35 Father Ted. (R) (T) 12.05 4Music: Transmission. (T) 1.10 4Music: Empire Square. (T) 1.35 4Music: 4Play: Justice. 1.50 Freesports on 4. (R) 2.20 4Music: Dubplate Drama. (R) (T) 2.50 Goalissimo. 3.40 Transworld Sport. (R) (T) 4.35 Headland. (R) (T) 5.00 Triathlon. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerdolls. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (T) 12.30 Dingo Attack. (R) (T) (S) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Sweet Hostage (1975). Drama, starring Martin Sheen. (T) 3.40 five news update. (T) 3.45 FILM: The Hollywood Mom's Mystery (2004). Comedy drama, starring Justine Bateman. (T) 5.30 five news. (T) 6.00 Home and Away. (R) (T) 6.30 Home and Away. (T) 7.00 five news. (T) 7.30 Will Work for Nuts. The wildlife experts are hunted by a peregrine falcon; (T) 7.30 five news update. 8.00 Nick Baker's Weird Creatures. The naturalist searches for the wels catfish; (T) 8.00 five news at 9. 9.00 NCIS. The team investigate the disappearance of a Marine and discover three former members of his unit have died recently, leading them to suspect a serial killer may be at large. (R) (T) 10.00 Law & Order. A businessman is suspected of murder. (R) (T) 11.00 Most Evil. (T) 12.00 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Great Pretender. Answering the questions correctly is only half the challenge in this new show that combines a quiz with the ultimate test of duplicity and bluff. With paranoia raging, after each round the contestant thought to have done best is voted off - so it's best not to appear too clever. Get it right at the end and the prize is shared, pick badly and the winner takes all. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale: The Dingle Family Album 2. Matthew Kelly takes a close look at the wilder antics of the Dingle clan's wayward youngsters, including Debbie's wilful behaviour and Belle's wily ways. (T)

7.30 Coronation Street. Violet confronts Sean about his interference and reminds him he is only a donor and not a father, John moves in with Fiz, and Leanne agrees to take on Sarah as a part-time waitress. (T)

8.00 The Waste Watchers: Tonight. (T)

8.30 Doc Martin. Aunt Joan reveals she has a rare bird nesting on her land but wants to keep it a secret to deter prospective egg thieves. So sure enough, her tactless nephew opens his mouth to the local baker, who spies an opportunity to save his ailing business by making it a new attraction. Before long the peaceful community of Portwenn is over-run by twitches eager to catch a sight of the bird, and Dr Ellingham finds himself in the locals' bad books yet again. Louisa's no-good father returns to the village and plots a robbery that goes drastically wrong, forcing Martin to mount a heroic cliff-top rescue and restore his reputation. Extended edition of the comedy drama, originally shown as a Christmas special in 2006. Martin Clunes stars. (R) (T)

10.30 ITV News; Weather. (T)

11.05 Num3rs. Don sparks a manhunt when he uncovers a secret code relating to the movements of a highly skilled assassin and enlists Charlie's help in cracking it. The FBI redouble their efforts to capture the killer when they discover he is targeting a Colombian exile living in Los Angeles. Rob Morrow and David Krumholtz star. (T)

12.00 Make Your Play; (T) ITV News Headlines. 4.15 Karen Sisco. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 0415 Lingo
1530 Portugal: No Coração 1800
Portugal em Directo 1900
Operação Triunfo 1905 O Preço
Certo 2000 Telesele 2100
Avenida Europa 2130 Concerto
2200 Sabe mais do que um Miúdo
de 10 Anos? 0100 Body
Snatchers, film 56 Visto 0045
Telesele 0605 Nôs

RTP2
0700 EuroNews 0715 Zig Zag
1000 Assembleia da República
1300 Zig Zag 1400 Sociedade
Civil 1530 Sim Amor 1600 Zig Zag
1715 National Geographic 1815
A Fé dos Homens 1900 A Alma
e a Gente 1945 Zig Zag 2045
Todos Contam o Chris 2115
National Geographic 2200 News
1200 Irmãos e Irmãs 2330 Vidas
0030 Noites da 2 0130 Bastidores
0200 Flip 0230 Arte & emoção
0300 Siciiedade Civil 0430
Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta 1515
Contacto 1800 Pé na Jaca 1900
Ganhar é Que se Gente Se
Entende 2000 News 2115
Chiquititas 2215 Paraíso Tropical
2315 Vingança 0015 CSI. Las
Vegas 0130 Film TBA 0330 Polhar
da Serpente

TVI
0700 Diário Da Manhã 1000 Você
na TV 1300 News 1400 Mundialito
de Futebol de Praia 1700 Quem
Quer Ganha 1745 Morangos com
Açúcar - Ferias de Verão 2000
News 2115 Euromilhões 2130
Ilha dos Amores 2215 Dico
Fugitiva 2330 Tu e Eu 0030 Film
TBA

Best of the Rest

BBC3
7.00 The Most Annoying Pop
Songs We Hate to Love 8.00
Spendaholics 8.30 Celebrity
Scissorhands 9.30 The Real
Huile 10.00 EastEnders 10.30
Little Britain 11.00 Celebrity
Scissorhands 12.00 Family Guy
12.25 Family Guy 12.45 Two Pints
of Lager and a Packet of Crisps
1.15 Two Pints of Lager and a
Packet of Crisps 1.40 The Most
Annoying Pop Songs We Hate to
Love 2.40 The Real Hustle 3.10
Spendaholics 3.40 Two Pints of
Lager and a Packet of Crisps 4.10
Two Pints of Lager and a Packet
of Crisps 4.40 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 European Roots
8.30 Cambridge Folk Festival 2007
9.00 Legends: The Dankworths
10.00 Doctors to Be: Twenty
Years On 10.30 QI 11.00 Charlie
Brooker's Screenwipe 11.35
Batman 12.00 Batman 12.25 Flight
of the Conchords 12.55 The
History of the World Backwards
1.25 George Melly's Last Stand
2.35 European Roots 3.25
Legends: The Dankworths 4.25
Close

ITV2
1.00 Emmerdale 1.30 The Jeremy
Kyle Show 2.35 The Jeremy Kyle
Show 3.40 Ricki Lake 4.25 Sally
Jessy Raphael 5.10 Airline 5.40
Judge Judy 6.35 The X Factor
8.20 The X Factor - The Results
9.00 Katie & Peter: Unleashed
10.00 Katy Brand's Big Ass Show
10.30 Streetmate 11.30
Coronation Street 12.00 Katie &
Peter: Unleashed 1.00 Make Your
Play: ITV Play 4.00 Teleshopping
6.00 Close

Sky One
1.00 Stargate SG-1 2.00 Stargate

SG-1 3.00 Relic Hunter 4.00
Stargate SG-1 5.00 Stargate SG-
1 6.00 Futurama 6.30 The
Simpsons 7.00 The Simpsons
7.30 The Simpsons 8.00 Are You
Smarter Than a Ten Year Old?
9.00 Project Runway 10.00 Film:
Lethal Weapon 2 18 (1989) 12.10
Star Trek: Voyager 1.10 Star
Trek: Voyager 2.00 Futurama:
Welcome to the World of Tomorrow
2.15 Star Trek: Voyager 3.10 Star
Trek: Voyager 4.10 Dream Team
5.10 Gaulty!

UKTV Gold
1.10 Porridge 1.50 The Thin Blue
Line 2.30 Film: Colombo: Mind
Over Mayhem PG (1974) 4.00
Murder, She Wrote 5.00 Only
Fools and Horses 5.40 Porridge
6.20 The Thin Blue Line 7.00 New
Tricks 8.00 Dancing with the Stars
9.20 Dancing with the Stars 10.20
EuroMillions: Boom Bang a Bang
10.30 Film: Pulp Fiction 18 (1994)
1.00 Prison Break 1.55 The Royle
Family 2.25 The Afternoon Play
3.15 The Lenny Henry Show 3.45
Close Up 3.55 Wogan: Now and
Then 4.45 Wogan: Now and Then
5.35 Neighbours

TCM
1.00 Bachelor in Paradise PG
(1961) 3.00 2010 PG (1984) 5.05
Designing Woman U (1957) 7.10
Hearts of the West PG (1975)
9.00 The Bridges of Madison
County 12 (1995) 11.35 The
Exorcist 18 (1973) 1.45
Teleshopping 2.10 The Comedians
PG (1967)

The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Wendy Wu:
Homecoming Warrior PG (2006)
Adventure, starring Brenda Song.
9.30 Film: Wendy Wu:
Homecoming Warrior PG (2006)
Adventure, starring Brenda Song.

MOVIES

Sky Movies Drama

6.00 Julius Caesar PG (1970)
8.00 Desperate Justice PG
(1993) 9.45 Columbus: Butterfly
in Shades of Grey PG (1993)
11.25 Drama Close Up 11.55
The Constant Gardener 15
(2005) With Ralph Fiennes. 2.10
The World's Fastest Indian 12
(2006) With Anthony Hopkins.
4.20 Colombo: Butterfly in
Shades of Grey PG (1993) With
Peter Falk. 6.00 Julius Caesar
PG (1970) With Charlton
Heston. 8.00 The Constant
Gardener 15 (2005) With Ralph
Fiennes. 10.15 The World's
Fastest Indian 12 (2006) With
Anthony Hopkins. 12.25 ATL
12 (2006) With Tip Harris. 2.30
On a Clear Day 12 (2005) With
Peter Mullan. 4.20 Desperate
Justice PG (1993)

Sky Movies Comedy

6.10 The Most Fertile Man in
Ireland 15 (2000) 8.00 Theodore
Rex PG (1995) 9.40 In & Out 12
(1997) 11.20 Underfunded 12
(2006) With Mather Zickel. 12.50
Fun with Dick and Jane 12 (2005)
With Jim Carrey. 2.30 The Top
10 Show 2.50 Date Movie 12
(2006) With Alyson Hannigan.

(R)-repeat programme;

(T)-programme with teletextsubtitles;

(S)-programme broadcastin stereo;

(bw)-blackandwhite.

SPORT

Sky Sports 1

6.00 Live International Cricket.
Australia v Sri Lanka. 7.30 Premier
League World 8.00 Sky Sports
Classics 8.30 Live International
Cricket. South Africa v New
Zealand. 4.00 Premier League
World 4.30 Futbol Mundial 5.00
World Sport 5.30 Premier League
World 6.00 Big League Weekend
7.00 Premier League Preview 7.30
Live FA Cup Football. A first-
round match. 10.00 Live Friday
Fight Night. Carl Froch v Robin
Reid. 12.00 Live International
Cricket. Australia v Sri Lanka.

Sky Sports 2

6.00 Live European Tour Golf.
The HSBC Championship. 8.00
Victory Shield Football 9.30
Premier League World 10.00 Race
World 11.00 Racing News 11.30
Kiteboarding 12.00 NFL: Total
Access 1.00 European Tour Golf
5.00 NFL: Total Access 6.00 Test
Cricket 8.00 Live European Rugby
Union. Ulster v Gloucester
(Kick-off 8.00pm). Plus, interactive
coverage of Perpignan v Newport-
Gwent Dragons. 11.00 Premier
League Preview 11.30 Big League
Weekend 12.30 FA Cup Football
2.00 Friday Fight Night 4.00 Live
European Tour Golf. The HSBC
Championship.

Sky Sports 3

6.00 Good Morning Sports Fans
6.30 Good Morning Sports Fans
7.00 Good Morning Sports Fans
8.00 Good Morning Sports Fans
9.30 Hockey 10.00 UEFA
Champions League 10.30 UEFA
Champions League 11.00 UEFA
Champions League 11.30 UEFA
Champions League 12.00 UEFA

Champions League 12.30 UEFA
Champions League 1.00 UEFA
Champions League 1.30 UEFA
Champions League 2.00 UEFA
Champions League 2.30 UEFA
Champions League 3.00 UEFA
Champions League 3.30 UEFA
Champions League 4.00 Premier
League Preview 4.30 FA Cup
Football

British Eurosport

7.30 Beach Soccer 8.00 Live
Tennis. The Hopman Cup Asian
qualifying matches. 9.45 UEFA
Cup Football 10.30 UEFA
Champions League 11.30 UEFA
Cup Football 12.00 UEFA
Champions League 1.00 UEFA
Cup Football 1.30 WTA Tennis
2.30 Live Snooker. The Northern
Ireland Trophy quarter-finals. 5.00
Live WTA Tennis. The WTA Tour
Championships. 10.45 Eurogoals
11.15 Goooooal! 11.30 Yoz
Magazine 12.00 Eurogoals 12.30
Close

Sky Sports Xtra

6.00 UEFA Champions League
6.30 UEFA Champions League
7.00 WWE: Raw 9.00 UEFA
Champions League 9.30 UEFA
Champions League 10.00 Live
World Pool Championship. The
seventh day at Araneta Coliseum
in Manila, Philippines. 4.30 Poker
Week 5.00 British Ice Hockey
7.00 Tight Lines 8.00 NFL Weekly
Review 8.30 Test Cricket 10.30
Tight Lines 11.30 World Pool
Championship



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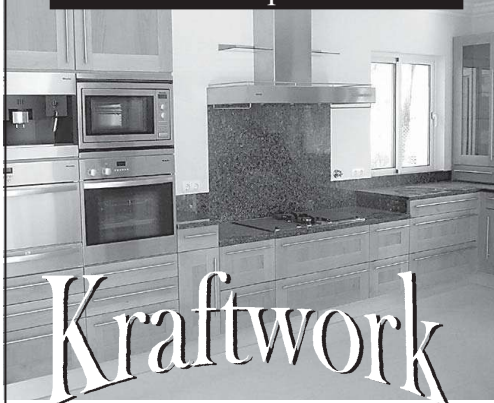
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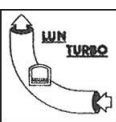
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BAPTIST MISSION - Esqueira (Aveiro) Traditional Baptist church service in Aveiro on Sunday at 5pm. Contact: Pastor David Loop Tel: 965-363-986

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CHAPEL OF ST. PIUS X: PRIORADO S. PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel: (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

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IGREJA BAPTISTA DE QUEJES (close to Cascais) Rua Carlos Santos 85, Quejes Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15/Portuguese 12.00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion, 9.30 every Sunday. Info: Monte Baden-Powell 289 328302. St. Luke's, Rosita da Palhaqueira, Górges. (Nr. Sta. Barbara) Holy Communion 11.30 a.m. every Sunday. Info Maxine Srivastava 917 267 948; Luz Senora da Luz Holy Communion 12.00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

ALL SAINTS ANGLICAN CHURCH, ALGARVE - Evangelical Anglican First Sunday - Family Evangelical Anglican First Sunday - Holy Communion with Creche and Adventurers, 10.30am Community Centre, ALMANCEIL (ASCA - Associação Social e Cultural de Almancil). For directions (any time) call 282-380311 or see www.allsaintsalgarve.org.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 438801/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 795 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am at St. Lourenço Church - Almancil - 6.30pm, at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, please contact the International Catholic Community of Almancil - Griselda Neto on 966168120 or Vilor on vgn@dompor.com.

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays: 10.45 for 11 am at 'The Bridge' (A Ponte) in the Cedraia Shopping Centre near the church. Tel: 282 461 985

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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoportoo.org

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6.00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Sautade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'). All welcome.



with Joyce Voelker

Hope So or Know So?

Recently I took some visiting tourists to Boca de Inferno along the coast near Cascais. Tourists enjoy seeing the cliffs and waves and the opportunity to shop for some souvenirs. I always enjoy the many "Made in Portugal" linens, sweaters, pottery and paintings on display by the various vendors there and shopped with an eye out for some nice Christmas presents for our daughters and sons-in-law.

One of the Americans shopping with us that day bought some beautiful, hand painted tiles and dishes. The vendor was a lady I remembered. Her husband had cut and painted the tile numbers that mark each of the classrooms in the school where I work. As I chatted with her and reminded her of the project he had done for our school, this dear lady shared with me that her husband passed away a month ago. She extended her arm and pointed out all of the lovely items her husband had painted over many, many years. All she had left now were these items and her precious memories.

Tears pooled in the corners of her eyes as she shared her uncertainties about what comes after death. Repeatedly my friend made statements such as "If there is a God... If there is a heaven..." Not certain about eternity, she wanted badly to believe that this man who had been a good father and husband, was in a better place. However, she was not certain that it was all true or that her husband had even believed in God. On my

part I tried to share with her the hope and assurance I have found in Scripture and promised to pray for her.

God is real and so is heaven. The Bible says we can know we are going there. By trusting in the sacrificial death of Christ on the cross, we can be assured that our sins are forgiven and that we will spend eternity with God in heaven. Each of us has been given the opportunity to make a decision with eternal ramifications. Trusting Christ as Saviour assures us of an eternity spent with God in heaven. It is something we can know for sure, not just hope that it will happen.

The hand painted tile room numbers at our school will remain for many, many years reminding me of the gentle and gracious man who painted them. Eternity and my relationship with Christ will endure much longer... forever. Is your faith only a "hope so" kind of faith or do you know what your future holds?

"And this is what God has testified: He has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have God's Son does not have life. I have written this to you who believe in the name of the Son of God, so that you may know you have eternal life." 1 John 5:11-13

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship with godpage or email joycevoelker@hotmail.com

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THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spraying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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Concerns escalate regarding the use of mobile phones in schools

Concerns regarding the use of mobile phones and other electronic equipment in schools have escalated following reports that three senior students at a school in Chamusca, were denounced for allegedly filming younger colleagues with their mobile phones whilst taking a shower, and subsequently threatening that the images would be broadcast over the Internet.

The three female students in the EB 2/3 Chamusca secondary school 11th and 12th years, were reportedly denounced to members of staff by younger students at the same establishment, after they used two mobile phones to film and photograph their targets whilst taking a shower after a Physical Education lesson.

The younger students are said to be in the school's 7th form and aged between 12 and 13.

Allegedly, after being confronted by the younger pupils, the older students threatened to broadcast the images on the Internet. They have since denied any intention to threaten or blackmail their colleagues, claiming the incident was just "a bad joke".

Teachers confiscated the mobile phones and erased all images, both filmed and photographic content.

After considering the incident

and hearing all parties, it was decided the older girls would be suitably penalised, though no drastic action was taken.

Parents have now asked that all mobile phones and digital cameras be handed over to a responsible person, before PE lessons and given back at the end, and that they should be completely banned from all school changing rooms. They say this is an incident that must never be allowed to be repeated.

'Silly and senseless' tourism law rewrite



It emerged this week that the Government is considering the possibility of implementing new laws in an attempt to manage so-called 'parallel tourism', a term that refers to un-classified, uncontrolled tourist accommodation which has long been the subject of heated debate, mainly affecting regions of strong tourist attraction, such as Fátima or the Algarve. A series of hypothetical decree-laws were tabled as the result of a meeting held earlier this week between the Government and a number of private tourism-related associations, in what is seen as an attempt to simplify and update the current hotel and resort licensing process.

According to Jorge Rebelo de Almeida, chairman of the Vila Galé group, in some cases "Hotels have been flunked because bidet taps did not mix water. Classifications were not approved as food was served on plates and not on trays. Entire processes have been scrapped because a beach hotel did not have changing rooms as the law demands".

There are situations caused by rules that the group of private entrepreneurs deemed 'silly and senseless', though by which they are forced to govern their businesses.

"The rules are so complicated that no-one can abide by them", said José Carlos Pinto Coelho, president of the Portuguese Tourism Confederation, referring to the Decree law 167/97, which regulates the licensing and functioning of tourist enterprises.

And the era of 'policing' tourist activity by the millimetre is, in his opinion, coming to an end, a bureaucratic check-mate instigated by former dictator Salazar and which must now be modernised.

This latest meeting has been described as a 'marriage of ideas' concerning the future of tourism legislations.

There is also the suggested creation of 'local accommodation' laws, a new classification that categorises establishments 'occasionally used by tourists, entailing services rendered for remuneration'.

This has been considered a major and welcome development that, should it be passed, will put an end to one of tourism's most controversial matters.

These new laws aim to end the problematic situation of 'illegal beds'; accommodation that is used by tourists and paid for, though is not duly licensed, and therefore unregulated by law.

It has also been reported that local city halls and municipal assemblies have been put forward as the ultimate definers of the laws, each municipality governing its own 'local accommodation', something that was initially rumoured to have been 'strongly contested' by a source of the Portuguese Tourism Confederation.

Despite reports stating unidentified members of the Portuguese Tourism Confederation had spoken out against local governments being responsible for the regulation of 'local accommodation' laws, **The Portugal News** has learned that this, in fact, is not accurate.

An unidentified source of the Portuguese Tourism Confederation was quoted as saying, "We don't want 'local accommodation' laws regulated by city halls. That would mean some 300 different regulations. Above everything we value equality in competition".

The same source was also quoted as allegedly saying, "There are houses in Quinta do Lago that are let out at five thousand euros per day, with a swimming pool, a sauna and a butler. And all it takes is for that house to not have a fire detector and it will not be considered as tourist accommodation".

Élédrico Viegas, head of AHETA – the Algarve Regional Association for Hotels and Resorts – also vice-president Por-

tuguese Tourism Confederation, has denied knowledge of any Confederation member contesting these new laws.

He told **The Portugal News**, "The creation of 'local accommodation' laws is something that we see as positive and favourable. It opens a window for opportunity.

We have seen the proposal; we are following the progress and are communicating with the Government. This is as yet an outline of what the actual law will



The minister of Public Works, Transport and Telecommunications, Mário Lino, demonstrates an example of a mobile phone showing high definition TV broadcast made possible by Mobile TV Broadcast technology. (Photo: Lusa / José Sena Goulão)

be, and has not yet been fully defined".

He did, however, say that, "If a governing body was needed, it would be preferable to create one single, regional or national association, as opposed to leaving it to local governments. Not to criticise or strip them of their competencies, but it would be better to have an identical solution for identical problems".

Managing so-called 'parallel tourism' was one of the main topics debated in the recent meet-

ing between the Government and a number of private entities, amongst which were AHETA and the Portuguese Tourism Confederation.

It was said to have ended in a 'great consent' concerning efforts in establishing 'transversal rules' to regulate this type of unruly accommodation.

Other proposed decree laws were also brought to the table for debate, though some were met with a slightly more reserved interest.

Such was the case of article 48 of the Government's proposed decree law, which relates to the exploration of tourist accommodations and suggests a 90-day-usage onus on behalf of the proprietor, which would be applied to 70 per cent of apart-hotels and 35 per cent of integrated resorts.

Considering that this onus 'does not make sense' the associations defended that "the duration of stays is variable throughout the life-cycle of proprietor-users".

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